



EXCLUSIVE
Wellness & Fitness

1st to 31st March, 2026
Class Timetable

01. DANCE STUDIO

TIME	MON	TUE	WED	THUR	FRI
06:30-07:30	Pilates Nick	Functional Mobility Gidruff	Yoga Dr. Seema Sharma	Functional Mobility Gidruff	Yoga Dr. Seema Sharma
07:45-08:45		Pilates Nick	Afro Dance Dennis	Strength + Tone Matthew	HIIT + Core Matthew
09:00-09:45		MMA Experience Amos	Step and Tone Fred		
10:00-11:00	POWER Yoga Chris	Functional Mobility Gidruff	Vinyasa Yoga Chris	Functional Mobility Gidruff	
16:00 -16:45	Calisthenics & Resistance Bands Bryan				Calisthenics & Resistance Bands Bryan
17:00-17:50	Legs, Bums + Tums Sharon	Step and Tone Fred	Flow Yoga Ashray	Functional Mobility Nixon	Vinyasa Yoga Chris
18:00-18:50	Strength & Motion Beatrice	HIIT Nixon	Afro Dance Dennis	Ring Experience Bernard	Tae Bo Simon
19:00-20:00		Yoga Dr. Seema Sharma	Functional Mobility Sharon	Rebounding & Qi Gong Ashray	Afro Dance Dennis
20:00-20:45	CORE - Nation Beatrice		CORE - Nation Beatrice		

SATURDAY	08:00-08:45		Yoga Dr. Seema Sharma	09:00-10:00		Functional Mobility Gidruff
	10:00 - 11:00		HIIT + Run Matt (10:00 - 11:00am)			
NEW CLASSES	FRIDAY	6:00PM	Tae Bo Simon	THURSDAY	6:00PM	Ring Experience Bernard
	MONDAY	5:00PM	Legs, Bums + Tums Sharon	TUESDAY	6:00PM	HIIT Nixon
	TUESDAY	9:00AM	MMA Experience Amos	MONDAY	6:00PM	Strength & Motion Beatrice
NEW PILATES CLASSES STARTING APRIL						

02. RIDE STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT
07:30-08:15	Trance Riding Rio		Interval Spinning Rio		Techno Spin Rio	
09:30-10:15	Rhythm Riding Fred	Cadence Beat Rio		Cadence Beat Rio	Cadence Beat Rio	Pedal 60 Fred
13:00-13:45					Bollywood Spin Fred	
18:00-18:45	Cadence Beat Rio	Rhythm Riding Fred		Bollywood Spin Fred	Rhythm Riding Fred	
18:30-19:45			Recovery Class Fred			

*Minimum number for a class - 1 member

03. RUMBLE VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:30 - 7:30	Total Boxing Gidruf		Total Boxing Gidruf		Total Boxing Amos		
08:15 - 9:00	Total Boxing Amos	Mixed Martial Arts Amos	Total Boxing Amos	Mixed Martial Arts Amos	Total Boxing Amos		
10:00-11:00	Mixed Martial Arts Amos	Mixed Martial Arts Amos (10:00 - 11:30am)	Total Boxing Amos	Total Boxing Amos	Ring Exhibition Gidruff 10:00am - 1:00pm		
15:00-16:00							Kick Boxing Simon
18:00-18:45	Total Boxing Bernard	Kick Boxing Simon	Total Boxing Bernard	Ring Experience Bernard		Total Boxing Bernard	
19:00-20:00	Kick Boxing Simon	Total Boxing Bernard	Kick Boxing Simon	Kick Boxing Simon			

04. CROSS TRAINING UPGRADED VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:00-07:15	Road to Fitness Matt	Off the Hook Matt	Max Fit Matt	Road to Fitness Matt	Max Fit Matt		
08:00-09:00	Off the Hook Matt	Slow Burn Matt	Road to Fitness Matt	Max Fit Matt	Off the Hook Matt	HIIT + Run Matt (10:00 - 11:00am)	Crossfit Zone Nixon (9:30 - 10:30am)
16:00-16:45	Calisthenics Bryan	Calisthenics Bryan	Calisthenics Bryan	Calisthenics Bryan	Calisthenics Bryan		
17:00-17:45	Sandbag & Dumbbells Bryan	CORE - Nation Bryan	Kettlebell & TRX Bryan	Battle Ropes & Slam ball Bryan	Barbell Blast Bryan		HIIT & Run Sharon
18:10-19:00	Power Hour Sharon	Crossfit Zone Beatrice	Sweat Nixon	Crossfit Zone Beatrice	Super Strength (18:10 -19:30) Bryan		
19:10-20:00	Power Hour Nixon	Crossfit Zone Nixon	Sweat Sharon	Crossfit Zone Nixon			

*Minimum number for a class - 1 member



05. SWIMMING POOL

TIME	MON	TUE	WED	THUR	FRI	SAT
09:00-10:00					Aqua Fitness Joy	
10:00-11:00		Aqua Aerobics Donnex				Aqua Fit Camp Donnex (10:15 - 11:15)

NOTE: *Social - 3 middle lanes available at all times
*Want to learn to swim? Speak to a life guard and become watersafe. Make a booking today.

*Minimum number for a class - 1 member



Dance Studio

Aerobics body toning

High energy exercises to burn fat & improve body tone.

Functional Mobility

Focuses on building strength flexibility and endurance to improve one's ability to perform daily activities and movements efficiently and safely

Body Sculpt

Toning class focused primarily on core and body muscle strength.

Burn & Shred

HIIT Class focused on calorie burning, performance and conditioning.

Dance & Move

Choreographed dance for weight loss.

Ashtanga Yoga

It's the union of eight limbs of Yoga into one complete holistic system

Legs, Bums & Tums

Total body aerobic workout targeting the legs, bums & the abdominal area.

Pilates

Low impact exercise aiming to strengthen muscles, improve postural alignment, core strength & balance.

Power Yoga 1

Beginner yoga that emphasises on strength and flexibility using different poses.

Shape & Tone

Work different body parts through multiple exercise approaches like circuit training and light to moderate weight training modalities.

Vinyasa Yoga

Yoga flow that moves from one pose directly into the next, improving energy levels, promoting relaxation, endurance and strength.

Yogilates

A fusion of yoga poses & pilates sequences for strengthening the body.

Pump Class

A fusion of yoga poses & pilates sequences for strengthening the body.

Zumba

Join this dance party to a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast & slow rhythms.

RIDE STUDIO

Rhythm Riding

Moments of high intensity interval training to the beat.

Cadence Beat

Terrain-based technique class that focuses on cadence, climbs and sprints.

Pedal 60

Strength and cardio endurance by the rhythm of the music.

Piyo

Combo class combines benefits of Pilates, Yoga + low impact cardio

Rebounding

Does wonders for weight loss, tones whole body + tightens waistline

Flow Yoga

Builds strength in your CORE and upper and upper body which enhances posture

POOL AREA

Aqua Aerobics

Resistance training following a series of aerobic moves in the pool.

Aqua fit camp & Aqua Fitness

Exercises that enhance physical and mental health.

*Minimum number for a class - 1 member

ARENA CLASSES

RUMBLE

Kickboxing class involving a combination of technique training, cardio, pad work, boxing mannequins & functional body weight movements.

CARDIO BOXING

Basic boxing class combined with bodyweight workouts to enhance cardio fitness.

BODY BLAZER

Kickboxing class integrated with plyometric bodyweight exercises.

TOTAL FITNESS

High intensity Rumble class with plyometric exercises to improve strength and cardio fitness.

FAT BURNER

Creative kickboxing class designed to make you burn calories & sweat!

FIGHTING FIT

High energy martial arts inspired to get fit fast and strong for all fitness levels.

ROW & CUT

Low impact rowing class with low to medium intensity bodyweight exercises.

HIT SQUAD

A HIT & Run class centred on competing with a friend/partner.

HIT & BURN

HIIT workout made up of weight training, a variety of cardio equipment and other training equipment.

CARDIO BLAST

Creative work out that ensures maximum results with high energy output.

TAEBO

Incorporates martial arts techniques such as kicks and punches.
This Class uses the motions of martial arts at a rapid pace designed to promote fitness.

CROSS TRAINING

Combination of weight training, cardio and core exercises.

SLOW BURN

Foundational class on the techniques of functional movements.

ROAD TO FITNESS

Short, medium intensity workouts for mastering functional movements.

MAX FIT

High-intensity functional workouts with AMRAP & EMOM elements.s.

OFF THE HOOK

Creative functional exercises to make you fit.

BURN & SHRED

Combination of weight training, cardio equipment, kickboxing & functional body weight movements to make you burn calories & improve cardio fitness.

ORIENTATION

Beginner- Correct posture technique and the use of toning equipments (machines)
Advanced - Free weight training technique (use of Barbell, Dumbbell, Kettlebell and Bar)

STRETCH CLASS

A recovery class tends to enhance flexibility and muscle relaxation and healing.

CORE FLOW YOGA

Focuses on strengthening the core area, spinal integrity, control in movement and improve posture

HIIT IT UP

A high intensity interval training where winners are recognised

*Minimum number for a class - 1 member