

CLASS TIMETABLE : Fitness On Demand Classes are shaded in blue for easy reference

SKY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5am	PLYOGA 45min	Hard Body 45min	PLYOGA 45min	Power STEP 60 min	RIP 60 min	7:30am	GRIT Strength	PLYOGA 45min
5:30am						8:30am	Yoga Hatha	BODYPUMP
6am	GRIT Strength	Yoga Vinyasa	BODYPUMP	Yoga Vinyasa	PLYOGA 45min	9:30am	BODYPUMP	Yoga Hatha
6:30am	Power STEP 60 min					10:30am	Pilates	Funkie Fusion 30min
7am	WAR 50min		BODYBURN 35min	HIIT PLYO 12min	11:30am			
9:30am	BODYPUMP	Pilates	BODYPUMP	PLYOGA 45min	Pilates		FOD FREE TIME 12-4pm	FOD FREE TIME 11am - 4pm
10:30am	YOGAFIT For Beginners 50min	RIP 55min	Yoga Vinyasa	WAR 50min	Funkie Fusion 30min			
FREE TIME	**Fitness On Demand - Choose Your Own Class! FREE TIME 11:30am- 2pm					4pm	Hard Body 25min	Yoga Vinyasa 55min
						5pm	PLYOGA 45min	Meditation
3pm	Hard Body (Complete Workout) 90min	Mat Pilates 30min	Hard Body (Complete Workout) 90min	RIP 55min	Power STEP 60 min	N O T E S	Fitness On Demand Offers over 200 extra classes at your fingertips delivered via touch screen kiosk in our Spin & Sky Studios bringing you the most popular exercise routines from all over the world including: - PLYOGA -HIIT -MARTIAL ARTS -RIP -INSANITY -WAR -RIP - TABATA and more!!! Note: Your own Mats are required for pilates, yoga and meditation classes. Boxing gloves and cotton Inners are required for boxing. See reception for hire/purchase Bootcamps are part of Titan Fitness transformations. Additional fees apply. Enquire at reception.	
4pm		Funkie Fusion 30min						
4:30pm	**FOD - FREE TIME 4:30pm -5:30pm		Pilates					
5:30pm	Yoga Vinyasa	PLYOGA 45min	BODYPUMP Express (30min)	**Fitness On Demand FREE TIME 4pm - 8pm				
6pm			FATBURN/ STEP Express (30min)					
6:30pm	GRIT Strength	FITMAX (30min)	BODYPUMP		Pilates			
7pm	BODYPUMP	FITMAX (45min)	GRIT Strength		Meditation (45min)			
7:30pm								
8pm	Yoga Yin		Yoga Yin					

UNDERGROUND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am	Titan HIIT 30*	Titan HIIT 30*	Titan HIIT 30*		Titan HIIT 30*	6:45am	Titan HIIT 30*	
6am	Titan HIIT 30*	Titan HIIT 30*				7:15am		
6:30am	Titan HIIT 30*	Titan HIIT 30*	Titan HIIT 45*	BOXING	Titan HIIT 45*	7:30am	Titan HIIT 45*	FITMAX (45min)
7am			Titan HIIT 30*			8:30am		
9:30am		BOXING	Titan HIIT 30*	Titan HIIT 30*		9:30am	BOXING	
10am			STRETCH	Titan HIIT 30*	BOXING	10:30am		
10:30am					Titan HIIT 45*	11am	ZUMBA	
11:30am		PRIME MOVERS		PRIME MOVERS		You may not enter or begin a class if you arrive more than 5 mins late and missed the warm up. It is our duty of care to you and we thank you in advance for understanding. Classes marked with * require a wristband. Early morning class bands (5:30am-7:30am) are handed out up to an hour prior to the class (first serve basis), while all other HIIT classes marked * from 9:30am-6:30pm, bands are given only 15 min prior to class commencing from reception. Any previous pain or injury should be reported to instructors prior to the class commencing.		
4:30pm	Titan HIIT 30*	Titan HIIT 30*						
5pm			Titan HIIT 30*					
5:30pm	Titan HIIT 30*	MEMBER FUNCTIONAL TRAINING SPACE 5-10pm	Titan HIIT 30*					
6pm			BOXING	Titan HIIT 45*	Titan HIIT 30*			
6:30pm	Titan HIIT 45*							
7pm			ZUMBA	CHALLENGE BOOTCAMP*				
7:30pm								

CYCLE STUDIO

5:20am		SPIN Express 30		SPIN Express 30				
6am	SPIN	SPIN	SPIN	SPIN	SPIN	7:30am	SPIN	
9:30am						8:30am	SPIN	
6:30pm	SPIN	SPIN	SPIN	SPIN		9am		SPIN