

Group Exercise Timetable

From 7th September 2026

High Intensity

Mid Intensity

Mind & Body

Aqua & Swim Training

OUTDOOR GROUP EXERCISE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am Luke Burn Bootcamp	9.30am Gym Team Burn Bootcamp	9.30am Josh Strength Bootcamp	9.30am Luke Strength Bootcamp	9.30am Danni Strength Bootcamp	9.00am GymTeam Burn Bootcamp	9.30am Gym Team Burn Bootcamp
10.30am Daren Strength Bootcamp	10.30am Josh Metcon				10.30am Daren Strength Bootcamp	
6pm Danni Small Group Training	6.30pm Faith HYROX Engine		6pm Josh Small Group Training	6.45pm Fin Small Group Training	12pm GymTeam HYROX Complete	

INDOOR GROUP EXERCISE						
S - Studio		T - Tarrant Room	O - Omnia Room	SP - Spin Studio	P - Pool	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Cameran O Omnia Express	7am Daren SP Peak Spin	7am Josh O Omnia Express	7am Daren SP Peak Spin	7am Gym Team O Omnia Express		
7.45am Faith O Omnia Express	8am Megan S Morning Stretch	7.45am Daren O Omnia Express	8am Danni O Omnia 45	7.45am Daren O Omnia Express	8.30am Daren SP Peak Spin	8am Anika S Yoga
8am Daren SP Peak Spin	8am Josh O Omnia 45	8.30am Noel S Tai Chi		8am Sanjiv S Morning Yoga	8.30am Megan S S&C* Yoga	8.30am Gym Team SP Peak Spin
8.30am Caroline S Pilates	9.30am Megan T Stretch & Define	8.30am Luke SP Peak Spin	9.30am Caroline T Pilates	8.30am Vicky SP Freebeat Spin	9.30am Megan T Pilates	9.30am Cameran SP Spin Circuit
9.10am Maria P Adult Swim Training	9.30am Daren S Sweat	9.10am Maria P Adult Swim Training	9.30am Alex S Body Blast	9.10am Maria P Adult Swim Training	9.30am Daren SP Spin Circuit	9.30am Sarah-Anne S Zumba
9.30am Rebekah T Yoga Relax & Restore	10am Maggie P Aqua	9.30am Anika T Power Yoga	9.30am Daren SP Spin Circuit	9.30am Vicky T Stretch & Define	9.30am Vicky S LBT	
9.30am Cameran SP Spin Circuit	10.30am Christina T Yoga	9.30am Alex S Strength & Stamina	10.30am Evie S Total Body Tone	9.30am Perry S Zumba	10.30am Sanjiv S Yoga	10.30am Caroline S Pilates
9.30am Evie S Total Body Tone		10.30am Shelley S LBT	10.30am Beverley T Yoga Relax & Restore	10am Maggie P Aqua		
10.30am Rebekah S Body Blast		10.30am Daren SP Peak Spin		10.30am Daren S Step Circuit		
10.30am Anika T Pilates	11am Pamela S Pilates	10.30am Sanjiv T Yogalates	11.30am Evie T Yin Yoga	11.30am Rebekah S Barrefit	11.30am Sanjiv S Yin Yoga Meditation	11.30am Karen S Vinyasa Yoga
11am Josh P Aqua		11am Gym Team P Aqua	11.45am Jennifer S Jazz Dance	11.30am Christina T Yoga Therapy		
11.30am Maggie S LBT	12pm Sanjiv S Cosmic Flow Yoga	12pm Perry S Zumba		12pm Daren SP Peak Spin		
11.30am Vicky T Yoga		1pm Perry S Fit Steps		12.30pm Rebekah S Vinyasa Yoga		
1pm Evie S Yin Yoga	4pm Megan S Pilates		2pm Megan S Pilates for Rackets		3.30pm Gym Team O Omnia 45	3.30pm SuLyone S Yin and Yang Yoga
	5.30pm Maggie S LBT	5.30pm Maggie S LBT		5.30pm Sarah-Anne S LBT		4.30pm SuLyone S Family Yoga
6pm Perry S Zumba	6.30pm Cameran O Omnia Express	5.45pm Cam O All About The Legs	6.30pm Rebekah S Yogalates	6pm Luke O Omnia Express		
7.15pm Evie S Power Yoga	6.30pm Noel S Aerobic & Tone	6.25pm Cam O All About The Arms	7pm Josh O Omnia Express	6.30pm Rebekah S Vinyasa Yoga		
7.30pm Josh O Omnia Express	7.15pm Fin O Omnia 45	6.30pm Vicky S Yoga	7.30pm Sanjiv S Yoga Meditate/Relax			
8.15pm Evie S Yin Yoga	7.30pm Caroline S Pilates					

Please refer to the Technogym App for all sessions, durations & updates.

*Strength & Conditioning

Sessions are bookable one day in advance, from 7am, via the Technogym app.
It is the responsibility of the member to book/cancel classes. You will receive notifications of bookings/cancellations.