

TIMETABLE

EFFECTIVE 2 OCTOBER 2023

☐ GROUP FITNESS STUDIO

OPEN 5:00am - 10:00pm
STAFFED HOURS

Monday – Thursday 9:00am - 6:00pm
Friday: 9:00am - 5:00pm
Saturday: 8:30am - 11:30am
Sunday & Public Holidays: Unstaffed

GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	CARDIOBOX	HIIT CARDIO	CARDIOBOX	BODY PUMP	METAPWR		
7:30AM						HIIT CIRCUIT	
8:00AM						BODY COMBAT	
9:00AM	HIIT	BODY BALANCE	METAFIT	HIITSTEP	BODY PUMP	BODY BALANCE	
9:30AM	BODY PUMP		ABT				METAFIT
10:00AM		HIIT STRENGTH			VINYASA YOGA	KONGA	BODY BALANCE
10:30AM	ZUMBA			BODY BALANCE			
10:45AM							
5:30PM	BODYPUMP	VINYASA YOGA	KONGA		HIIT CIRCUIT		
6:00PM					KONGA		
6:30PM	HIIT CARDIO	KONGA	BODY COMBAT	BODY PUMP			
7:30PM				ZUMBA			

PLEASE NOTE: Bookings are essential. Timetable is subject to change.

Genesis Southern River
7/714 Ranford Rd, Southern River WA 6110
Call **08 9394 0700** or visit **genesisfitness.com.au**

GENESIS
HEALTH + FITNESS

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 COACHING ZONE

 REFORMER PILATES

PREMIUM CLASSES

ALL MEMBERS MUST Book Online via Yep Booking

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	ENERGISE	ADRENALINE	STRONG	AFTERBURN	ENDURANCE		
5:45AM		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
8:15AM						ORIENTATION	
8:30AM						ACCELERATE	
8:30AM						REFORMER PILATES	
9:15AM	ORIENTATION						
9:30AM	ENERGISE	ADRENALINE	STRONG	AFTERBURN	ENDURANCE		
9:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	
10:30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES		
4:30PM				REFORMER PILATES			
5:15PM	ORIENTATION						
5:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
6:00PM	ENERGISE	ADRENALINE	STRONG	AFTERBURN			
6:30PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				

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Reformer Pilates

