

Gym Class Timetable

Legend:

Paid

Covered by
Membership

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Membership

Closed

All classes marked in "RED" are covered in your VS&G membership. All others are separate & payment needs to be made. For more details, including discounts, see our Membership page.



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
6:00 AM		MUSCLE CLUB 40min	X FIT	MUSCLE CLUB 40min	BOX FIT	MUSCLE CLUB 40min	Closed All Day Sat
6:40 AM			40min		40min		<u>Pool Hours:</u>
7:00 AM							6:30am - 9:30am
8:45 AM							& 2 - 5pm
9:00 AM					YOGA PAULINE		
9:15 AM							<u>Gym Hours:</u>
9:30 AM		AQUA FIT		AQUA FIT		AQUA FIT	6am - 12 noon
10:30 AM		60 min		60min		60min	& 2pm - 7pm
12:00-2:00	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	Lunch Closed	**Friday**
2:00 PM							closes at 5pm
4:15 PM							
4:30 PM		YOGA VARDAN					
4:45 PM			X FIT KIDz		BOX FIT KIDz		
5:00 PM			40min		40min	CLOSED AT 5PM	
6:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Timetable subject to change. Updated 30/09/2025