

TIMETABLE

Class Timetable - Q2 2026

healthoutfit

	Monday	Tuesday	Wednesday	Thursday	Friday
0630-0710	*MetaFit	GymFit	TRX	CycleFit	KettleFit
1210-1250	KettleFit	Pilates	CycleFit	Circuits	GymFit
	Align & Define		Flow n' Go		
1300-1340		TRX		*MetaFit	
1615-1645		Tabata		Burn	
1710-1750	CycleFit	StepFit	KettleFit	TRX	

All classes for all abilities

*MetaFit

A short high intensity bodyweight workout that targets all major muscle groups in just 30 minutes or less, combining demanding work intervals with shorter rest periods. Improves endurance and power

TRX

A full body workout which utilises using a TRX and your own body! Push, pull and lift your way to strength, conditioning and stability. Expect a mix of functional, endurance and mobility-based exercises for a dynamic and effective workout!

GymFit

An effective full body workout which has you in and out of the gym in 40 minutes! You must have completed a gym induction before you can participate in this class

CycleFit

A high energy class for improving your aerobic fitness, power & endurance. Each ride is only as difficult as you want to make it.

KettleFit

A great full body conditioning workout that uses a variety of kettlebell techniques and bodyweight exercises to give you the best workout.

Pilates

Low impact exercise for flexibility, strength and body awareness through core activation and controlled movements. Improved posture, coordination, and balance.

Align & Define

Align and Define is a dynamic blend of Pilates and LBT, designed to strengthen and sculpt the body with controlled and precise movements. Expect a low-impact full body session that builds on core stability, alignment and leaves you feeling stronger.

Tabata

A fast-paced workout using the traditional Tabata 20/10 timings. Using a mix of bodyweight and equipment-based exercises burn more calories in less time and improve your endurance.

StepFit

Time to get the heart rate up, get moving and step it up with this high energy cardio class. A step and your bodyweight achieves an effective full body workout plus some great, upbeat music!

Flow n' Go

A class for those who would like to stay active but without breaking into a sweat. A gentle workout that incorporates some light cardio, bodyweight exercises and full body stretch. A 'pick me up' class to re-energise mid-day!

Circuits

The most popular class of all! A great all-round workout with a variety of timed exercises.

Burn:

A full body conditioning class focusing on toning and improving muscular endurance by using a mix of high rep bodyweight and equipment-based exercises. Get ready to feel the burn!