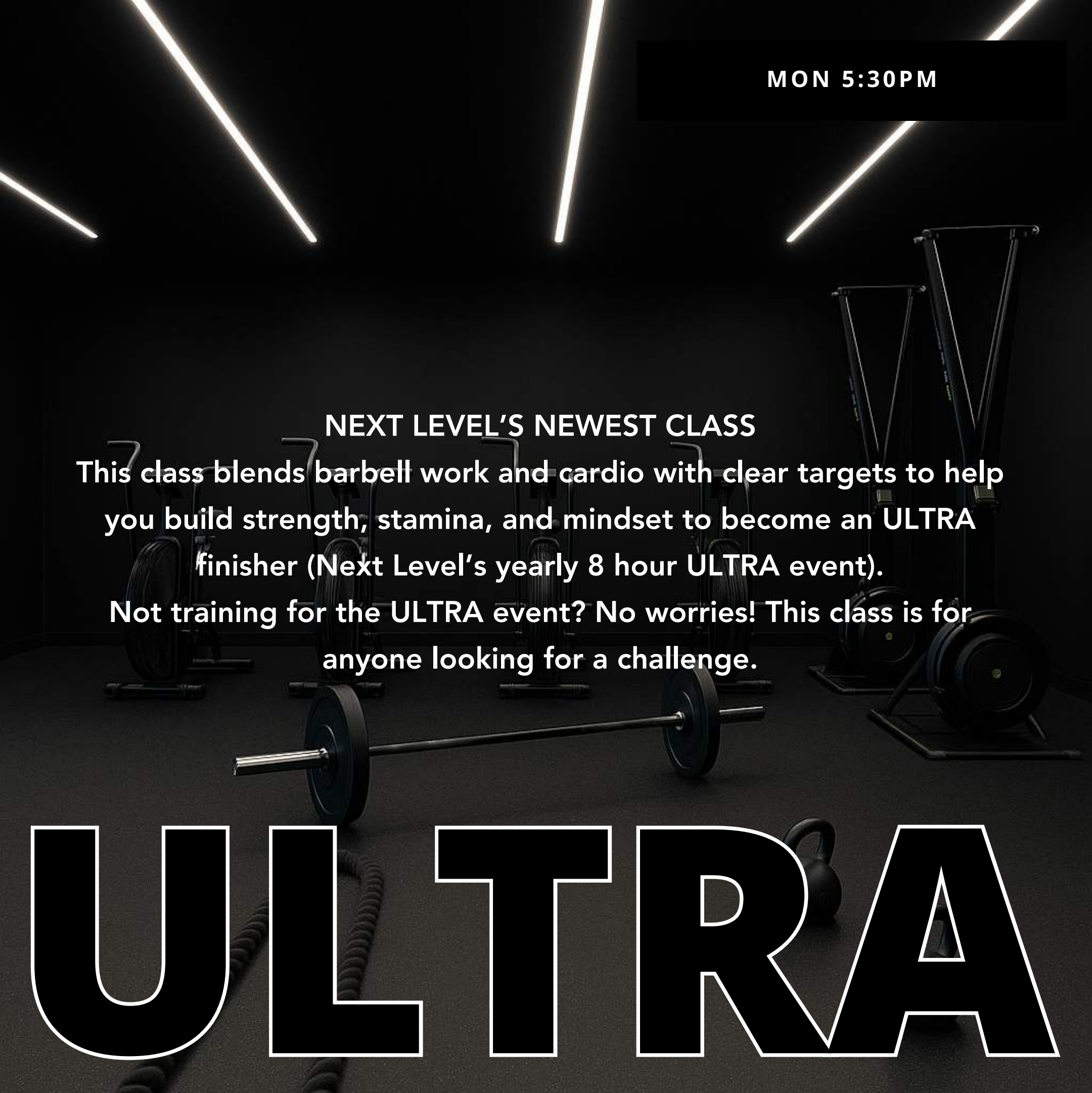


TIME	MON	TUE	WED	THURS	FRI	SAT
5:30AM		SPIN	TURBO			
6:00AM	COND			SPIN	U GO I GO	
8:30AM						SATURDAY ULTRA
9:00AM		ACTIVE ADULTS				
5:30PM	ULTRA	SPIN	TURBO	SPIN		
6:30PM	PILATES		BOX			

CONDITIONING

MON 6AM

A cardiovascular class built to challenge your lungs, body, and mind. You'll move through longer intervals, complete each area once, and finish feeling clear and energised.



MON 5:30PM

NEXT LEVEL'S NEWEST CLASS

This class blends barbell work and cardio with clear targets to help you build strength, stamina, and mindset to become an ULTRA finisher (Next Level's yearly 8 hour ULTRA event).

Not training for the ULTRA event? No worries! This class is for anyone looking for a challenge.

ULTRA

A dark studio with glowing neon lines in the background. In the foreground, there are six black mats arranged in two rows of three, each with a rolled-up white towel.

MON 6:30PM

A low-impact class that builds core strength, mobility, and body awareness. With slow, controlled movements and focused breathing, Pilates helps you feel strong, aligned, and in control.

MAT PILATES



TUES 5:30AM & 5:30PM

THURS: 6AM & 5:30PM

Not your average bike class. Legs burning, hearts pounding; you're going to grind through every track with a purpose. High resistance! Hard intervals! Big efforts! Spin is where you build your real power!

SPIN

ACTIVE ADULTS

TUES 9AM

A low-impact class specifically for adults 60+ who want to stay strong, mobile, and connected. Move at your own pace in a friendly, feel-good group focused on balance, strength, and staying active





WED 6:30PM

Learn real boxing skills while getting seriously fit! Hit the bags, work in pairs, and build power, speed, and confidence! Whether you're new or experienced, every session is focused and full of energy.

BOXING

The background of the image is a gym interior. In the foreground, several black kettlebells are arranged on a dark floor. Behind them, a row of black rowing machines is visible. The ceiling is dark with several bright, diagonal neon light strips. The overall atmosphere is modern and energetic.

WED 5:30AM & 5:30PM

Training Using Repeated Bursts Of circuit intervals; it's fast-paced and built on short, sharp efforts to get you moving fast! Quick, repeated rounds create a fun and electric atmosphere!

TURBO

SCORING

FRI 6AM

Partnered sessions built on teamwork and building friendships! One person works while the other rests, then switch! Push each other & share targets! This one's about connection, not competition.



SATURDAY ULTRA

SAT 8:30AM

The main event of the week! A huge strength and conditioning class packed with 36 Next Level legends side by side! A different theme each week, but guaranteed big energy, big challenge, and the best start to your weekend!