MADE CLASS TIMETABLE

MADE offers a wide range of fitness classes and activities.
Our classes fall under 2 categories: OM and Sweat. Om class include Yoga, Pilates & Meditation and Sweat Classes include Indoor Cycle, HIIT, Dance and much more.

OUR YOGA WORKSHOP IS THE LAST SATURDAY OF EVERY MONTH

**Our 8.30am Saturday Running Club includes a FREE smoothie

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM	CYCLING CAVE	FUNCTIONAL STUDIO	GYM
	BOOTY WERK 6:45- 7:15						HIIT 6:30 – 07:15			KETTLEBELL 6:30 – 7:15			HATHA YOGA 6:30 – 7:30							
	HATHA YOGA 7:30 – 8:30		CYCLE INFERNO 30 7:00 – 7:30			CYCLE BODY BLAST 7:00 – 7:45	PLYO BLAST 7:30 – 8:15		CYCLE PERFORMANCE 7:30 – 8:15				BOOTY WERK 7:45 - 8:15		CYCLE INFERNO 30 7:30 – 8:00				KETTLEBELL 7:30 - 8:15	
				PLYO BLAST 8:00 – 8:45		CYCLE INFERNO 30 8:30 – 9:00		HYPERTROPHY 8:30 – 9:00				CYCLE INFERNO 30 8:30 – 9:00				BOXING 8:00 – 8:45	RUNNING CLUB** 8:30 – 9:30	CYCLE INFERNO 30 8:30 – 9:00		
	PLYO BLAST 9:30 – 10:15	MEMBERS ONLY PT 9:00 – 9:30		MEDITATION 9:00 – 9:45	GYM HIIT 9:30 – 10:00	CYCLE PERFORMANCE 09:30 – 10:15	POWER YOGA 9:15 – 10:15			TOTAL BARBELL 9:30 – 10:15		CYCLE FUNK 9:30 – 10:15	POWER YOGA 9:30 – 10:30		CYCLE FUNK 9:30 – 10:15		GYM HIIT 9:30 – 10:00		OUTDOOR BOOTCAMP 9:15 – 10:00	
CYCLE FUNK 10:30 – 11:15				VINYASA YOGA 10:00 – 11:00			METCON CIRCUITS 10:30 – 11:15		CYCLE BODY BLAST 10:30 – 11:15	PREGNANCY YOGA 10:30 – 11:30			HATHA YOGA 10:30 – 11:30	MEMBERS ONLY PT 10:30 – 11:00		FITNESS PILATES 10:30 – 11:30		CYCLE POWER HOUR 10:15 – 11:15		
							INVIGORATING PRANYAMA 11:30 – 13:00			PARENT & BABY YOGA 11:30 – 12:30	GYM HIIT 11:30 - 12:00					HIIT 11:30 – 12:15			FAMILY FITNESS CIRCUITS 11:30 – 12:15	
				KETTLEBELL 12:00 – 12:45						KETTLEBELL 12:30 - 13:15						MONTHLY YOGA WORKSHOP 12:00 – 13:30				
	HATHA YOGA 13:00 – 14:00	MEMBERS ONLY PT 13:30 – 14:00	CYCLE INFERNO 30 13:00 – 13:30				KETTLEBELL 13:00 – 13:45				MEMBERS ONLY PT 13:30 – 14:00			GYM HIIT 13:00 – 13:30					KETTLEBELL 13:00 – 13:45	
	MEDITATION 14:00 – 14:45						HATHA YOGA 14:00 – 15:00	GYM HIIT 14:00 – 14:30								VINYASA YOGA (INTERMEDIATE) 14:00 – 15:00				
	HIPS & SPINE YOGA 15:00 – 16:00									HATHA YOGA 15:00 – 16:00						YOGA WORKSHOP (BEGINNER) 15:00 – 16:00				
	KETTLEBELL 16:00 – 16:45				MEMBERS ONLY PT 16:45 – 17:15	CYCLE BODY BLAST 16:30 – 17:15	KIDS FITNESS 16:30 – 17:15				GYM HIIT 16:30 – 17:00		HIPS & SPINE YOGA 16:00 – 17:00						HATHA YOGA 16:00 – 17:00	
CYCLE PERFORMANCE 17:30 – 18:15	VINYASA YOGA 17:30 – 18:30		CYCLE INFERNO 30 17:30 – 18:00	PLYO BLAST 17:30 – 18:15		CYCLE FUNK 17:30 - 18:15	METCON CIRCUITS 17:30 – 18:15		CYCLE BODY BLAST 17:30 – 18:15	BOOTY WERK 17:15 - 17:45		CYCLE INFERNO 30 17:00 – 17:30	VINYASA YOGA (BEGINNER) 17:30 – 18:30						YOGA NIDRA 17:00 – 18:00	
CYCLE FUNK 18:30 – 19:15	PLYO BLAST 18:30 – 19:15		CYCLE PERFORMANCE 18:15 – 19:00	TOTAL BARBELL 18:30 – 19:15			BOOTY WERK 18:30 - 19:00	MEMBERS ONLY PT 18:30 – 19:00		DANCE FIT 18:00 – 18:45	GYM HIIT 18:30 – 19:00	CYCLE 500 18:00 – 18:45	VINYASA YOGA (INTERMEDIATE) 18:30 – 19:30						STRETCH & RELAX YOGA 18:00 - 19:30	
	FITNESS PILATES 19:30 – 20:30	HYPERTROPHY 19:30 – 20:00	CYCLE 500 19:15 - 20:00		HYPERTROPHY 19:30 – 20:00		BOXING 19:15 - 20:00	GYM HIIT 19:00 – 19:30	CYCLE FUNK 19:00 – 19:45	POWER YOGA 19:00 – 20:00	MEMBERS ONLY PT 19:00 – 19:30									
										MEDITATION 20:00 – 20:45										