



New Timetable Launching 7 July 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	STRONG	STRONG	STRONG	STRONG	SWEAT	OPEN GYM	OPEN GYM
5:30am							
6:00am	STRONG	STRONG	STRONG	STRONG	SWEAT	OPEN GYM	OPEN GYM
6:30am							
7:00am	STRONG	STRONG	STRONG	STRONG	SWEAT	STRONG	OPEN GYM
7:30am							
8:00am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
8:30am							
9:00am	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	SWEAT	SWEAT
9:30am							
10:00am	MASTERS BRAVO SQUAD	MASTERS ALPHA SQUAD	MASTERS BRAVO SQUAD	MASTERS ALPHA SQUAD	MASTERS ALL SQUADS	OPEN GYM	OPEN GYM
10:30am							
11:00am	STRETCH	STRETCH	STRETCH	STRETCH	STRETCH	OPEN GYM	OPEN GYM
11:30am	SWEAT EXPRESS	SWEAT EXPRESS	SWEAT EXPRESS	SWEAT EXPRESS	SWEAT EXPRESS		
12:00pm	STRONG	STRONG	STRONG	STRONG	STRONG	OPEN GYM	OPEN GYM
12:30pm							
1:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
1:30pm							
2:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
2:30pm							
3:00pm	OPEN GYM	MASTERS CHARLIE SQUAD	OPEN GYM	MASTERS CHARLIE SQUAD	OPEN GYM	OPEN GYM	OPEN GYM
3:30pm							
4:00pm	ROWERS INVITATIONAL	JUNIORS (8+)	ROWERS INVITATIONAL	JUNIORS (13+)	ROWERS INVITATIONAL	OPEN GYM	OPEN GYM
4:30pm							
5:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM (CLOSED DURING FUNCTIONS)	
5:30pm	STRONG	STRONG	STRONG	STRONG	STRONG		
6:00pm							
6:30pm - 9:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

KEY
STRONG: Strength-focused training (Upper, Lower & Full-Body)
SWEAT: Fast-paced conditioning classes (offered in 30 and 60 minute formats)
STRETCH: Mobility to improve range and recovery.
MASTERS: Strength training for ages 55+. Join a regular squad to train together and build consistency.
ROWERS INVITATIONAL: Scholarship & elite rowers training by invitation.
JUNIORS: An introduction to the gym for kid's aged 8+.

T&Cs apply. Session times and classes are subject to change. Open Gym only available to “RSX Pro” members and not available during class blocks. Personal training available at all other times, subject to trainer availability.

