

# Group Fitness Timetable

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Metafit	–	Body Pump	–	Thump Boxing	–	–
9:30am	Body Step	Body Pump	Strength + Tone <sup>^</sup>	Yoga <sup>^</sup>	Body Pump	Body Step 8:30 - 9:30am	Body Pump
10:30am	Body Balance	Tai Chi <sup>^</sup>	Active Adults <sup>^</sup>	Body Balance	–	Body Pump 9:30 - 10:30am	–
4:00pm	–	–	–	–	–	–	Body Balance
5:40pm	Body Pump	Body Attack	Body Step	Body Pump	HIIT Circuit & Stretch	–	–
6:40pm	Body Balance	Body Balance	Pilates	HIIT Strength	–	–	–

## Reformer Pilates Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	–	Reformer	–	Reformer	–	–	–
8:45am	Reformer	–	Reformer	–	Reformer 9:00am	–	–
9:30am	–	–	–	–	–	Reformer	–
6:00pm	Reformer	–	Reformer	–	Reformer 5:30pm	–	–

- All Reformer Pilates classes are 45 minutes
- Bookings are essential for Reformer Pilates classes - limit 10 per class
- Socks required

- Members - casual \$20 per class
- Non members - casual \$25 per class

## Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cycle	Cycle	–	Cycle	Cycle	Cycle 8:30 - 9:30am	–
9:30am	Cycle	–	–	–	Cycle 10:30am	–	–
5:40pm	Cycle	–	Cycle	Cycle	–	–	–

## Aqua Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35am	Aqua Xtreme <sup>^</sup>	–	Aqua Xtreme <sup>^</sup>	–	Aqua <sup>^</sup>	–	–
9:35am	Aqua <sup>^</sup>	–	Aqua <sup>^</sup>	Deep Water Aqua <sup>^</sup>	Aqua Movers <sup>^</sup>	–	–
10:00am	–	–	–	–	–	Boga Fit Fun & Flow	–
5:40pm	Aqua	Aqua	–	–	–	–	–
6:00pm	–	–	–	Aqua	–	–	–

Effective from 12 May 2022

• All Aqua classes are 45 minutes <sup>^</sup>Aqua classes are available for Active Adult members

CONDITIONS OF CLASS ENTRY: Please arrive at least 15 mins prior to start time. No entry permitted after class time. Casual customers must be over 16 years old. Ticket must be presented to instructor at start of class. Please inform instructor of any injuries. Please bring a sweat towel and drink bottle.