

Group Fitness Timetable

Group Fitness Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------------|--------------|----------------------------|--------------|-----------|------------------|--------------|
| 6:00am | Circuit | Punch HIIT | Body Pump | – | Circuit | – | – |
| 9:30am | Body Step | Body Pump | Strength + Tone^ | Yoga | Body Pump | Body Step 8:30am | Body Pump |
| 10:30am | Body Balance | Zumba Gold | Strong Bones Healthy Heart | Body Balance | – | Body Pump 9:30am | – |
| 5:00pm | – | – | – | – | – | – | Body Balance |
| 5:40pm | Body Pump | Body Attack | Body Step | Body Pump | – | – | – |
| 6:40pm | Body Balance | Body Balance | Pilates | Punch HIIT | – | – | – |

Reformer Pilates Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|----------|---------------|-----------|----------|--------|----------|--------|
| 6:00am | Burn | – | – | – | – | – | – |
| 7:00am | – | Flow | – | Strength | – | – | – |
| 8:45am | Align | – | Strength | – | – | – | – |
| 9:00am | – | – | – | – | Burn | – | – |
| 9:30am | – | – | – | – | – | Flow | – |
| 5:30pm | – | Burn (5:40pm) | – | – | Flow | – | – |
| 6:00pm | Strength | – | Burn | – | – | – | – |

- 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 8:30am | – |
| 9:30am | Cycle | – | – | – | Cycle 10:30am | – | – |
| 5:40pm | Cycle | Cycle | Cycle | Cycle | – | – | – |

Aqua Fitness

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------|----------|-----------------|-----------------|-----------------|---------------------|--------|
| 8:35am | Aqua Fit^ | – | Aqua Fit^ | – | Aqua Fit^ | – | – |
| 9:35am | Aqua S.M.I.L.E^ | – | Aqua S.M.I.L.E^ | Aqua Deep Water | Aqua S.M.I.L.E^ | Fun & Flow (9:30am) | – |
| 10:00am | – | – | – | – | – | – | – |
| 5:40pm | Aqua Fit | Aqua Fit | – | – | – | – | – |

Effective from 28 February 2023

• All Aqua classes are 45 minutes ^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.