

Group Fitness Timetable

Group Fitness Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------|--------------------|----------------------------|---------------------------------|------------------------------|--------------------|--------------|
| 6:00am | Functional Circuit (7:00am) | - | Functional Circuit | Circuit | Strength and Conditioning | Body Step (8:30am) | - |
| 8:30am | - | - | - | Chair Based Exercise NEW | - | - | - |
| 9:30am | Body Step | Body Pump | Strength + Tone | Yoga | Body Pump | Body Pump | Body Pump |
| 10:30am | Body Balance | Zumba | Strong Bones Healthy Heart | Body Balance | - | - | - |
| 5:00pm | - | Functional Circuit | - | Strength and Conditioning | - | - | Body Balance |
| 5:40pm | Body Pump | Body Attack | Body Step | Body Pump | Body Attack (5:15pm) | - | - |
| 6:40pm | Body Balance | Body Balance | Pilates | - | No Lights, No Lycra (6.30pm) | - | - |

Reformer Pilates Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------|---------------------|-----------------------------------|---------------------|----------|------------------------------|-----------------------------------|
| 6:00am | Reformer | Reformer NEW | Reformer | Reformer NEW | Reformer | - | - |
| 7:00am | Reformer | Reformer | Reformer | Reformer | Reformer | - | - |
| 8:45am | Reformer | Reformer | Reformer(9:00am) | Reformer | Reformer | Reformer NEW (8:30am) | Reformer NEW (8:30am) |
| 9:30am | - | - | Pre/Post Natal Reformer (10:00am) | - | - | Reformer | Reformer NEW |
| 11:00am | - | - | Reformer | Reformer (11:30am) | - | - | Pre/Post Natal Reformer (10:30am) |
| 5:30pm | Reformer NEW | Reformer | Reformer NEW | Reformer | Reformer | - | - |
| 6:30pm | Reformer NEW | - | Reformer NEW | - | - | - | - |

• Bookings are essential for Reformer Pilates classes - limit 12 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 Aerobics | - | Aqua Aerobics | - | Aqua Aerobics | - | - |
| 9:35am | Aqua Aerobics | - | Aqua Aerobics | Aqua Deep Water | Aqua Aerobics | - | - |
| 5:40pm | Aqua Aerobics | Aqua Aerobics | - | - | - | - | - |

Class bookings will open 48 hours before class time. Please book classes online, in the centre or by calling 03 5722 1723. Please collect your ticket from the front reception before proceeding to your class. Effective from 4 Feb 2025 CONDITIONS OF CLASS ENTRY: Please arrive at least 15 minutes prior to start time. No entry permitted after class time. Group fitness participants must be 13 years of age and over, with the exception of Body Pump that must be 16 years and over. Please inform instructor of any injuries. Please bring a sweat towel and drink bottle.