

Group Fitness Timetable

NOTE: Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule.

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		BODYPUMP®		BODYPUMP®			
8:00am						LM CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	BODYSTEP®	BODYPUMP®	Zumba®	BODYPUMP®	BODYSTEP®	BODYPUMP®
10:30am	Active Adults	BODYBALANCE®	LM CORE®	Active Adults	Active Adults	Circuit	Zumba®
10:30am*	Active Adults*						
11:15am			MIOLI				
11:30am	Zumba®^	MIOLI^		Circuit		BODYBALANCE®	BODYBALANCE®
6:00pm	BODYSTEP®	Zumba®	BODYPUMP®	BODYPUMP®			
7:00pm	BODYBALANCE®	BODYPUMP®					

*10:30am Active Adults will be in the Functional Training studio

^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities. Please arrive 10min prior to class to discuss your needs with the instructor.

Classes marked in Red are at risk of being removed due to low attendance.

WELLNESS STUDIO

*Reformer classes only available to Silver and Gold membership levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am				Reformer			
7:00am	Reformer	Reformer	Reformer	Reformer	Reformer		
7:30am						Reformer	
8:00am	Reformer		Reformer		Reformer		
8:15am		Reformer		Reformer			
8:30am						Reformer	Reformer
9:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am	Mat Pilates	Yoga	Yoga - Hatha	Mat Pilates	BODYBALANCE®	Mat Pilates	Reformer
11:30am	Barre			Tai Chi	Barre		
12:30pm					Mat Pilates		
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
7:00pm	Reformer	Mat Pilates	Reformer	Mat Pilates			
8:00pm			Yoga - Hatha	Yoga			

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CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPRINT®	MyRide	RPM®	MyRide	RPM		
7:00am	MyRide	MyRide	MyRide	MyRide	MyRide		
8:30am						Cycle	RPM®
9:15am	Cycle	RPM®	RPM®	Cycle	SPRINT®		
9:30am						RPM®	
10:30am	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
12:30pm	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
4:00pm						MyRide	MyRide
5:30pm	RPM®			RPM®			
6:00pm		SPRINT®	SPRINT®		MyRide		
6:30pm	MyRide	MyRide					
7:30pm			MyRide	MyRide			

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AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:10am						Aqua	
8:15am	Aqua - Warm	Aqua - Warm	Aqua - Warm		Aqua - Warm		
8:30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9:15am	Aqua - Warm		Aqua - Warm		Aqua - Warm		
9:30am	Aqua	Aqua	Aqua	Aqua	Aqua		
6:30pm			Aqua Zumba				

FUNCTIONAL TRAINING

*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Functional	Aerobic	Strength	Aerobic	Strength		
6:30am	Functional	Aerobic	Strength	Aerobic	Strength		
7:30am						Strength	
8:30am						Aerobic	Functional
9:30am	Functional	Aerobic	Strength	Aerobic	Strength		
6:00pm	Functional	Aerobic	Strength				