

# Group Fitness Timetable

**WEEK 3** *Monday 30 December -  
Sunday 5 January*

**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®			
8:00am						LM CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	BODYSTEP®	BODYPUMP®		BODYPUMP®		BODYPUMP®
10:30am	Active Adults	BODYPUMP®			Active Adults		Zumba®
6:00pm				BODYPUMP®			

\*10:30am Active Adults will be in the Coaching Zone 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.

## REFORMER STUDIO

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

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

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## CYCLE STUDIO

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

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am						Aqua	
8:15am							
8:30am	Aqua		Aqua	Aqua	Aqua		Aqua
9:15am							
9:30am	Aqua		Aqua				

## COACHING ZONE®

\*Coaching Zone only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Strong	Afterburn		HIIT	Endurance		
6:30am	Endurance	Strong		Maximise	HIIT		
7:30am						Maximise	
8:30am			Afterburn			Afterburn	
9:30am	Strong	Afterburn	Maximise	HIIT	Endurance		
6:00pm	Shred						