

Group Fitness Timetable

WEEK 4 *Monday 6 January -
Sunday 12 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®	Zumba®	BODYPUMP®		BODYPUMP®
10:30am	Active Adults	BODYBALANCE®		Active Adults	Active Adults	Circuit	
11:30am						BODYBALANCE®	BODYBALANCE®
6:00pm	BODYSTEP®		BODYPUMP®	BODYPUMP®			
7:00pm		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
7:00am			Reformer				
8:00am			Reformer				
8:30am						Reformer	Reformer
9:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am	Mat Pilates		Yoga - Hatha	Mat Pilates	BODYBALANCE®	Mat Pilates	
11:30am	Barre				Barre		
12:30pm					Mat Pilates		
5:00pm			Reformer				
6:00pm	Reformer	Reformer	Reformer	Reformer			
7:00pm	Reformer	Mat Pilates		Mat Pilates			
8:00pm			Yoga - Hatha				

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CYCLE STUDIO

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

AQUA

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

COACHING ZONE®

*Coaching Zone only available to Gold membership level.

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