

Group Fitness Timetable

WEEK 2 *Monday 23 December - Sunday 29 December*

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
8:30am						BODYPUMP®	
9:30am	BODYPUMP®			BODYPUMP®	BODYPUMP®	BODYSTEP®	BODYPUMP®
10:30am	Active Adults	BODYBALANCE®			Active Adults		Zumba®

*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	
9:15am	Reformer	Reformer		Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am	Mat Pilates			Mat Pilates	BODYBALANCE®	Mat Pilates	
6:00pm	Reformer						

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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							RPM®
9:15am	Cycle	RPM®		Cycle	SPRINT®		
9:30am						RPM®	
10:30am	MyRide	MyRide		MyRide	MyRide	MyRide	MyRide
12:30pm	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	Aqua - Warm						
8:30am	Aqua				Aqua		Aqua
9:15am	Aqua - Warm						
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			Endurance		
6:30am	Endurance	Strong			HIIT		
7:30am						Maximise	
8:30am				Maximise		Afterburn	
9:30am	Strong	Afterburn		HIIT	Endurance		
6:00pm	Shred						