

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® | Circuit | | Virtual - BODYCOMBAT® | | |
| 7:00am | Virtual - LM CORE® | Virtual - BODYBALANCE® | Virtual - BODYPUMP® | Virtual - BODYCOMBAT® | Virtual - BODYPUMP® | | |
| 8:15am | | | | | | BODYPUMP® | |
| 8:30am | | | | | | | BODYSTEP® |
| 9:30am | BODYPUMP® | #BARRE | BODYSTEP® | BODYATTACK® | BODYPUMP® | BODYCOMBAT® | BODYPUMP® |
| 10:30am | BODYBALANCE® | Yoga | BODYPUMP® | Pop Yoga | LM CORE® | Mat Pilates | Mat Pilates |
| 11:30am | Mat Pilates | Mat Pilates | Active Adults^ | Yoga - All Access^ | Zumba®^ | Yoga | BODYBALANCE® |
| 12:30pm | Virtual - BODYCOMBAT® | | Yoga - Gentle Flow | | Active Adults | Pop Yoga | #DANCE |
| 1:00pm | | | | Active Adults | | | |
| 1:30pm | | | | | Yoga - Gentle Flow | Meditation | |
| 5:15pm | | Virtual (30) - BODYCOMBAT® | Virtual (30) - LM CORE® | Virtual (30) - BODYPUMP® | | | |
| 5:30pm | BODYPUMP® | | | | Virtual - BODYBALANCE® | | |
| 6:00pm | | BODYPUMP® | #BARRE | | Mat Pilates | | |
| 6:15pm | | | | #DANCE | | | |
| 6:30pm | BODYCOMBAT® | | | | | | |
| 7:00pm | | BODYATTACK® | BODYPUMP® | BODYCOMBAT® | | | |
| 7:15pm | #DANCE | | | | | | |
| 8:00pm | BODYBALANCE® | Yoga - Gentle Flow | Zumba® | Pop Yoga | | | |
| 8:50pm | | | | Meditation (30) | | | |

* Zumba (Family Friendly) - school-aged kids welcome at no charge, but must be accompanied and supervised by a parent or guardian participating in the class also.
^ 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.
~ Circuit session in the Coaching Zone studio for ALL members.

CYCLE STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------|--------------|-----------------|-----------------|-----------------|----------|-----------------|
| 6:00am | Cycle | | Cycle | Virtual SPRINT® | Cycle | | |
| 7:00am | Virtual SPRINT® | Virtual RPM® | Virtual SPRINT® | Virtual RPM® | Virtual SPRINT® | | |
| 8:30am | | | | | | | Virtual SPRINT® |
| 9:30am | Virtual SPRINT® | Cycle | RPM® | Virtual SPRINT® | Virtual RPM® | | |
| 10:30am | Virtual RPM® | Virtual RPM® | Virtual SPRINT® | Virtual RPM® | Virtual RPM® | | |
| 12:30pm | Virtual SPRINT® | Virtual RPM® | Virtual RPM® | Virtual SPRINT® | Virtual SPRINT® | | |
| 5:30pm | Virtual SPRINT® | | | | Virtual RPM® | | |
| 6:00pm | | | Cycle | | | | |
| 6:30pm | | | | Virtual SPRINT® | | | |

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REFORMER 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 | | |
| 7:30am | | | | | | Reformer | |
| 8:30am | | Reformer | | | | Reformer | Reformer |
| 9:30am | Reformer | Reformer | BODYBALANCE® | Reformer | Mat Pilates | Reformer | Reformer |
| 10:30am | Reformer | | Reformer | Reformer | Reformer | Reformer | |
| 11:30am | | | | | Reformer | Reformer | |
| 4:00pm | | | | | | | |
| 5:00pm | Reformer | Reformer | Reformer | | Reformer | | |
| 6:00pm | Reformer | Mat Pilates | Reformer | Reformer | | | |
| 7:00pm | Mat Pilates | Reformer | Mat Pilates | Reformer | | | |
| 8:00pm | | | Yoga - Gentle Flow# | | | | |

#Class is located in the Creche on the Ground Floor.

AQUA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|-------------|-----------|-------------|--------------|----------|--------|
| 8:00am | | | Aqua Warm | Aqua | Aqua Pilates | | |
| 8:30am | | Aqua | | | | | |
| 9:30am | Aqua | Aqua Warm | | | Aqua Warm | | |
| 10:30am | Aqua Zumba® | | Aqua | | Aqua Warm | | |
| 11:30am | | | Aqua Warm | Aqua Warm | Aqua | | |
| 12:30pm | | | | Aqua Warm | | | |
| 6:00pm | Aqua Warm | | | | | | |
| 7:00pm | Aqua | | | | | | |
| 7:15pm | | Aqua Zumba® | | Aqua Zumba® | | | |

COACHING ZONE®

*Coaching Zone only available to Gold membership level.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------|------------|------------|-----------|-----------|------------|--------|
| 6:00am | HIIT | Adrenaline | Accelerate | Afterburn | | | |
| 7:30am | | | | | | Adrenaline | |
| 8:30am | | | | | | | Boxing |
| 9:30am | Adrenaline | | | Strong | Afterburn | | |
| 10:30am | | | | | | | |
| 5:30pm | | | | | | | |
| 6:00pm | Afterburn | | | HIIT | | | |