

### MAIN STUDIO

# Group Fitness Timetable

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYSTEP®	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®	Zumba®	BODYPUMP®	Pop Yoga	LM CORE®	Mat Pilates	Mat Pilates
11:30am	Active Adults^	Mat Pilates	Active Adults^	Yoga - All Access^	Zumba®^		
12:30pm	Virtual - BODYCOMBAT®		Yoga - Gentle Flow		Active Adults	Pop Yoga	
1:00pm		Active Adults		Active Adults			
1:30pm					Yoga - Gentle Flow	Meditation	
2:00pm		Active Adults					
5:00pm					Zumba®* (Family Friendly)		
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			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	RPM®			Virtual SPRINT®			

**WEEK 1** *Monday 16 December -  
Sunday 22 December*

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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		
8:30am		Reformer		Reformer		Reformer	Reformer
9:30am	Reformer	Reformer	BODYBALANCE®	Reformer	Mat Pilates	Reformer	Reformer
10:30am	Reformer	Yoga - Vinyasa	Reformer	Reformer	Reformer	Reformer	
11:30am	Mat Pilates		Reformer		Reformer	Reformer	
4:00pm	Reformer						
5:00pm	Reformer	Reformer	Reformer		Reformer		
6:00pm	Reformer	Mat Pilates	Reformer	Reformer			
7:00pm	Mat Pilates	Reformer	Mat Pilates				
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			
8:30am		Aqua					
9:30am	Aqua	Aqua Warm			Aqua Warm		
10:30am	Aqua Zumba®		Aqua	Aqua	Aqua Warm		
11:30am	Aqua Warm	Aqua Zumba®	Aqua Warm	Aqua Warm			
12:30pm	Aqua Warm		Aqua HIIT	Aqua Warm			
6:00pm	Aqua Warm						
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	Strong		
7:30am						Adrenaline	
8:30am							Boxing
9:30am	Adrenaline		Boxing	Strong	Afterburn		
10:30am		HIIT					
5:30pm					Adrenaline		
6:00pm	Afterburn	Boxing	Strong	HIIT			