

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	Gym Floor Circuit	Hi Energy Circuit	RPM	Hi Energy Circuit	Boxing ★		
8:00am			Upright & Active				
8:45am						BODYPUMP®	
9:05am	Strength Development	F.I.T. ●	BODYPUMP® ●	Tabata	RPM		
10:00am	Mat Pilates	Pedal to the Core	Mat Pilates	BARRE	Mat Pilates Strength		
10:05am							Mat Pilates
11:00am	Upright & Active	Move & Stretch	Upright & Active	Move & Stretch	Upright & Active		
4:00pm	Mum's & Bub's T						BODYBALANCE®
4:30pm					Stretch & Align		
5:10pm	RPM	BARRE	Mat Pilates Strength ★	BODYBALANCE®			
6:05pm	Pilates Roll & Release	SPRINT		Strength Development ●			
6:30pm			Power Circuit ★				
6:55pm	Boxing ★						

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am					T All Abilities Aqua
10:00am		Aqua	Aqua	Aqua	Aqua
12:00pm				Mermaids	
2:00pm		Mermaids			
6:00pm	Aqua F.I.T. ●				



Booking is required prior to attending your class. Booking's can be made through the ActiveWorld app or by contacting the centre.

**Please note the timetable is subject to change.
Always check Active World App for most up-to-date class schedule.**

All classes are 40 - 45 minutes. Please note that classes/instructors may need to be changed at short notice.

REFORMER PILATES STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am					Reformer		
6:30am				Reformer			
7:00am		Reformer	Reformer				
8:05am						Reformer	
9:00am	Reformer		Reformer	Reformer	Reformer		
10:00am		Reformer				Reformer	
11:00am							Reformer
3:00pm							Reformer
4:00pm				Reformer Jump	Reformer Stretch		
4:45pm							
5:00pm	Reformer	Reformer	Reformer		Reformer Stretch		
5:45pm							
6:00pm	Reformer	Reformer		Reformer			
6:30pm			Reformer				

Legend



If you see an amber dot on the timetable against a class, it is an opportunity for you to support the class as we look to improve the attendance.



Should the attendance not improve, a red dot will replace the amber dot. If there has been no improvement an alternative will be sought which may result in a new instructor, a new class format or both.



New class added



Trial class



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