

# GROUP EXERCISE CLASSES

## TIMETABLE

EFFECTIVE  
5<sup>th</sup> MAY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
GROUP EXERCISE	5:15am	Body Pump 45 min	Core 45 min	RPM 45 min	Power Pilates 45 min	RPM 45 min	Body Combat 45 min	RPM 45 min	Bootcamp 6:15am 45 min	
	7:00am							Grit Cardio 45min		
	8:00am				Yoga 45 min			Body Pump 45 min	RPM 45 min	Yoga 45 min
	8:15am	Core 30 min	RPM 45 min				Grit Strength 45 min			
	9:00am	Body Combat 45 min	Sprint 30 min	Body Pump 45 min	Grit Strength 45 min	RPM 45 min	Body Pump 45 min	Body Combat 45 min	RPM 45 min	Dance 45 min
	10:00am	Pilates 45 min	Zumba Gold 45 min	Circuit 45 min	Step 45 min	Stretch & Align 45 min	Low Impact Circuit 45 min			
	11:00am	Prime Movers 45 min	Low Impact Circuit 45 min	Prime Movers 45 min	Pilates 45 min	Low Impact Circuit 45 min	Pilates 45 min			
	12:00pm		Stretch & Align 45 min							
	5:00pm	Power Pilates 45 min	Dance 45 min	Body Pump 45 min	Dance 45 min	Zumba 45 min				
	5:15pm	RPM 45 min	Sprint 30 min	Cycle 45 min	Sprint 30 min					
	6:00pm	Grit Strength 30 min	Grit Strength 30 min	Pilates 45 min	Body Combat 45 min	Yoga 60 min				
	6:45pm	Boxing 45 min								
7:00pm		Pilates 45 min	Yoga 60 min							

Book through Active World App Five (5) days in advance

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

# GROUP EXERCISE CLASSES

## DESCRIPTIONS

**EFFECTIVE**  
**5<sup>th</sup> MAY 2026**

### **PRIME MOVERS**

A gentle, fully supervised exercise class designed for those returning to activity or managing health conditions.

### **LOW IMPACT CIRCUIT**

A low-impact circuit using bodyweight and light weights. Perfect for all ages and fitness levels, allowing you to work at your own pace.

### **STRETCH & ALIGN**

A restorative stretch class to release tension, improve mobility and increase flexibility through gentle standing and floor exercises.

### **YOGA**

A mind-body class focusing on movement, breathing and safe alignment. Suitable for all abilities.

### **PILATES**

A core-focused workout using controlled movement and breathing to improve posture, strength and flexibility.

### **POWER PILATES**

An advanced Pilates class delivering a full-body workout to strengthen and tone the core, arms, legs and glutes.

### **ZUMBA GOLD**

A low-impact dance fitness class with easy-to-follow moves and Latin-inspired music, designed for beginners and active older adults.

### **DANCE / ZUMBA**

A fun dance workout combining fast and slow rhythms to burn calories and improve coordination.

### **CIRCUIT**

A high-energy circuit workout combining strength and cardio stations to target the whole body.

### **CYCLE**

Flow through the ride with uplifting music in this 45-minute class suitable for all levels. A cardio workout that helps you escape and leave feeling positive and energised.

### **BOXING**

Learn boxing basics including punches, footwork and combinations while building fitness, coordination and confidence.

### **BOOTCAMP**

A high-intensity group workout combining functional training and HIIT. Outdoor and weather dependent.

### **LES MILLS™**

### **BODYATTACK™**

A high-energy cardio class combining running, lunging, jumping and strength moves like push-ups and squats. Fun, challenging and suitable for all fitness levels.

### **BODYPUMP™**

A full-body workout using light to moderate weights with high repetitions. Build strength, tone muscles and improve endurance with motivating music and coaching.

### **BODYCOMBAT™**

A high-energy, martial arts-inspired workout where you punch and kick your way to fitness. Non-contact, stress-relieving and seriously fun.

### **CORE™**

A 30-minute workout focused on strengthening your core, hips and lower back using resistance tubes, weight plates and bodyweight exercises.

### **RPM™**

An indoor cycling workout where you control the intensity. Low impact, calorie-burning and great for building cardiovascular fitness.

### **GRIT™ STRENGTH / GRIT™ CARDIO**

A 30-minute HIIT workout designed to build strength, burn fat and improve fitness fast using barbells, plates and bodyweight exercises.

### **SPRINT™**

A 30-minute HIIT indoor cycling workout combining short bursts of intense effort with recovery to deliver fast results.