

GROUP EXERCISE CLASSES

TIMETABLE

EFFECTIVE
6th OCTOBER 2026

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GROUP EXERCISE AM	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			
	6:00am									Boxing 45 min					
	7:00am			Low Intensity Cycle & Strength 45 min						Low Intensity Cycle & Strength 45 min		Grit Cardio 30 min			
	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 30 min					
	9:00am	Body Combat 45 min	Sprint 30 min	Body Pump 45 min		Grit Strength 30 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					

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.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP EXERCISE PM	12:00pm		Stretch & Align 45 min	Fighting Fit 45 min	Chair Class 45 min			
	1:00pm		Tai Chi 45 min	Chair Yoga 45 min	Tai Chi 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				

Please scan QR code for class descriptions on our website



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