

# GROUP FITNESS TIMETABLE

Effective as of Monday 9 May 2022

# ACTIVE MONASH

## Monash Aquatic & Recreation Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	6:05AM	Body Step-45	HIIT Circuit-45		Body Combat-45		
	8:05AM		Pilates Gold		Pilates		
	8:15AM					Body Pump-45	Body Attack-45
	9:05AM	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Pump
	9:15AM					Walking Group	
	10:00AM			Core-30		Zumba	
	10:30AM	Landmarc	Yoga		X-Training Gold	Landmarc	Yoga
	10:40AM			Body Pump-45			
	11:00AM					Pilates	
	11:30AM	Tai Chi	Landmarc	Body Balance	Stretch4Life	Tai Chi-45	Zumba
	12:30PM	Zumba Gold-45			Zumba Gold-45		
	2:00PM	Strong4Life					
	4:40PM	Active Kids-45		Active Abilities-45	Teens-45		
	5:30PM	Zumba	Body Attack	Zumba	Body Pump		
	6:00PM					Body Attack-45	
	6:30PM	Body Pump	Body Step		Body Step		
	7:30PM	Body Combat	Body Pump	Pilates	Yoga		

\*All classes 60 minutes unless listed otherwise

<b>STUDIO 2</b>	8:30AM	ActiveLink		ActiveLink		ActiveLink	
	9:30AM	ActiveLink	Strong4Life		Strong4Life	Pilates Gold	Yoga
	10:30AM			Strong4Life			Strong4Life
	11:30AM			Carers Class		Stretch4Life	Active Abilities
	12:45PM		Total Body Strength-45				
	5:30PM	Functional Circuit-45			Functional Circuit-45		
	6:10PM			Total Body Strength-45			
	7:30PM	Yoga					

\*All classes 60 minutes unless listed otherwise

<b>CYCLE</b>		RPM - 6:30am		Cycle - 6:05am			
	8:15AM					Cycle-1hr	
	10:30AM		Cycle			Cycle	
	6:00PM		Cycle	RPM			

\*All cycle classes 45 minutes unless listed otherwise

<b>AQUA</b>	8:30AM	Aqua	Aqua	Aqua	Aqua	Aqua Power	
	9:30AM	Aqua	Aqua	Aqua Hydro	Aqua	Aqua Hydro	Aqua Hydro
	10:30AM	Aqua Hydro	Aqua				Aqua Hydro
	10:45AM			Water Therapy	ActiveLink Hydro		
	11:30AM	Aqua Hydro	ActiveLink Hydro				

\*All aqua classes 45 minutes

NEW CLASS

## Clayton Aquatics & Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO</b>	8:30AM		Tai Chi				Yoga
	9:30AM	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump
	10:30AM		ActiveLink		Cardio4Life-45	Yoga	Zumba
	11:00AM	Strong4Life		Strong4Life			
	11:30AM		Zumba Gold-45			Zumba-45	Zumba-45
	5:30PM		Body Combat-45			Zumba-45	
	6:15PM	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45	Zumba-45	
	7:00PM	Zumba-45		Zumba-45	Body Combat-45		
	7:45PM	Zumba-45	Pilates	Yoga	Body Pump		

\*All classes 60 minutes unless listed otherwise

<b>AQUA</b>	8:30AM	Aqua	Aqua		Aqua		
	9:30AM	Aqua	Aqua	Aqua	Aqua		
	10:15AM					ActiveLink Aqua	

\*All Aqua classes 45 minutes

NEW CLASS

# GROUP FITNESS TIMETABLE

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# ACTIVE MONASH

## Oakleigh Recreation Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	9:30AM		Stretch4Life	Body Pump	Pilates	Slow Flow	Dance Hits
	10:30AM	Zumba	Strong4Life	Zumba Gold-45	Yoga Vinyasa	Strong4Life	Barre-45
	11:30AM	Pilates Gold	Tai Chi	Dementia Friendly		ActiveLink	
	12:30PM		Barre-30				
	4:00PM					Zumba	
	5:00PM					Family Zumba	
	5:30PM						
	5:30PM	Body Step					
	5:45PM			Body Pump-45			
	6:00PM		Zumba		Dance Hits-45	Yin Yoga	
	6:30PM	Body Pump		Body Combat			
	6:45PM				Tabata Strength-45		
	7:00PM		Pilates				
	7:30PM			Yoga Vinyasa			
							*All classes 60 minutes unless listed otherwise
<b>CYCLE</b>	6:05AM		Cycle				
	8:30AM					Power Cycle 1hr	Cycle
	11:00AM				Cycle		
	6:00PM			Cycle			
	6:15PM	Cycle					
							*All cycle classes 45 minutes unless listed otherwise
<b>STUDIO 2 &amp; 3</b>	7:00AM		Dynamic				
	8:30AM	Dynamic			Fundamentals		
	9:30AM	Contemporary	Dynamic	Dynamic	Contemporary	Contemporary	Dynamic
	10:30AM			Contemporary		Dynamic	Dynamic
	1:00PM		Reformer Express-30				
	5:30PM		Dynamic				
	6:00PM			Dynamic			
	6:30PM	Dynamic	Dynamic		Dynamic		
	7:00PM			Dynamic			
	7:30PM	Dynamic			Fundamentals		
							*All classes 60 minutes unless listed otherwise
<b>RESULTS HQ</b>	8:30AM					Functional Circuit	
	9:30AM					HIIT Strength	
	5:30PM	HIIT Strength	Functional Circuit		Ultimate Cardio		
	6:30PM		Ultimate Cardio		Functional Circuit		
	7:00PM			Functional Circuit			
							*All results classes 45 minutes unless listed otherwise

NEW CLASS

MONTHLY first Friday of month