

# GROUP FITNESS TIMETABLE

Effective as of Monday 7 November 2022



## 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	
	8:15am		8:05am - Pilates Gold		8:05am - Pilates	Body Pump-45	Body Attack-45
	9:05am	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Step-45
	10:00am			Core-30		9:15am - Walking Group	Zumba
	10:30am	Landmarc	Yoga	10:40am Body Pump-45	X-Training Gold	Landmarc	11am - Pilates
	11:30am	Tai Chi	Landmarc	Body Balance	Stretch4Life	Tai Chi-45	
	12:30pm	Zumba Gold-45			Zumba Gold-45		
	2:00pm	Strong4Life		Active Abilities			
	4:40pm	Active Kids-45**		Active Abilities-45**	Teens-45**		
	5:30pm	Zumba	Body Attack	Zumba	Body Pump	6pm - Body Attack-45	
	6:30pm	Body Pump	Body Step	Intro to Fitness	Body Step	*All classes 60 minutes unless listed otherwise	
	7:30pm	Body Combat	Body Pump	Pilates	Yoga	**Runs with school terms	
<b>STUDIO 2</b>	8:30am	ActiveLink		ActiveLink		ActiveLink	
	9:30am	ActiveLink	Strong4life		Strong4life	Pilates Gold	Yoga
	10:30am			Strong4life			Strong4life
	11:30am		12:45pm - Total Body Strength-45	Carers Class		Stretch4life	Active Abilities
	5:30pm	Functional Circuit-45			Functional Circuit-45		
	6:00pm	6:30pm HIIT Strength		Total Body Strength-45			
	7:30pm	Yoga-45				*All classes 60 minutes unless listed otherwise	
<b>CYCLE</b>	6:05am		6:30am - RPM		Cycle		
	8:15am		10:30am - Cycle			10:30am - Cycle	Cycle-1hr
	5:30pm		6pm - 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		
	9:30am	Aqua	Aqua	Aqua Hydro	Aqua Hydro	H2O Strength	Aqua Hydro
	10:30am	Aqua Hydro	Aqua	10:45am Water Therapy	10:45am Activelink Hydro		Aqua hydro
	11:30am	Aqua Hydro	Activelink Hydro				
	7:15pm		Aqua			*All aqua classes 45 minutes	

NEW CLASS

## Clayton Aquatics & Health Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STUDIO 1</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
	11:30am	11am - Strong4life	Zumba Gold-45	11am - Strong4life		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		
	7:45pm	Zumba-45	Pilates	Yoga		*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

# GROUP FITNESS TIMETABLE

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## Oakleigh Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>STUDIO 1</b>	9:30am	Nia Dance	Stretch4life	Body Pump	Pilates	Yoga Vinyasa	Dance Hits	Body Pump
	10:30am		Strong4life	Zumba Gold-45	Yoga Vinyasa	Strong4life	Barre-45	Yoga Vinyasa
	10:40am		**Pram Fit Walking					
	11:30am	Pilates Gold	Tai Chi	Dementia Friendly Class	Dance4life (new class)	Active link		
	12:30pm		Barre-30					
	2:00pm						Zumba	
	5:00pm					Family Zumba #		
	5:30pm							
	5:45pm			BodyPump-45				
	6:00pm		Zumba		Dance Hits-45	Yin Yoga		
	6:30pm	Body Pump		Body Combat				
	6:45pm				Tabata Strength-45	# Family Zumba – Monthly 1st Friday of month		
	7:00pm		Pilates			**Pram Fit Walking Group - For mums with Prams. Meet at ORC Cafe		
7:30pm			Yin Yoga		*All classes 60 minutes unless listed otherwise			
<b>CYCLE</b>	6:05am		Cycle					
	8:30am					Power Cycle 1hr	Cycle	
	10.30am			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	Dynamic
	10:30am			Contemporary		Dynamic	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 reformer 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 Circuit		Functional Circuit			
	7:00pm			Functional Circuit		*All results classes 45 minutes		