

GROUP FITNESS TIMETABLE

Effective as of Monday 6 February 2023



Monash Aquatic & Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	6:05am	Body Step-45		HIIT Circuit-45		Body Combat-45		
	8:05am		Pilates Gold		Pilates			
	8:15am					9:15am-Walking Group	Body Pump-45	
	9:05am	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Step-45	
	10:30am	Landmarc	Yoga	10am - Core-30	X-Training Gold	Landmarc	10am - Zumba	
	10:40am			Body Pump-45				
	11:30am	Tai Chi	Landmarc	Body Balance	Stretch4Life	Tai Chi-45	11am - Pilates	
	12:30pm	Zumba Gold-45			Zumba Gold-45			
	2:00pm	Strong4Life						
	4:40pm	Active Kids-45**		Active Abilities Kids-45**	Teen Fit-45**		4pm - Zumba	
	5:30pm	Zumba	Body Attack	Zumba	Body Pump			
	6:30pm	Body Pump	Body Step	Intro to Fitness	Body Step	6pm - Body Attack-45	**Runs with school terms	
	7:30pm	Body Combat	Body Pump	Pilates	Yoga	*All classes 60 minutes unless listed otherwise		
STUDIO 2	8:30am	ActiveLink		ActiveLink		ActiveLink		
	9:30am	ActiveLink	Strong4Life	Yoga4Life	Strong4Life	Pilates Gold	Yoga	
	10:30am			Strong4Life			Strong4Life	
	11:30am			Carers Class		Stretch4Life	Active Abilities	
	12:45pm		Total Body Strength-45		12:30pm - Functional HIIT Circuit-45			
	5:30pm	Functional Circuit-45			Functional Circuit-45			
	6:00pm	6:30pm - HIIT Strength	Functional Circuit-45	Total Body Strength-45				
	7:30pm	Yoga-45				*All classes 60 minutes unless listed otherwise		
CYCLE	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		
AQUA	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	11:30am - Aqua Hydro	11:30am - Aqua Hydro	Water Therapy	ActiveLink Hydro			
	7:15pm		Aqua			*All Aqua classes 45 minutes		

NEW CLASS

Clayton Aquatics & Health Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:30am		Tai Chi		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			Yoga
	11:30am	12:05pm - Stretch4Life	Zumba Gold-45		ActiveLink	Zumba-45	Zumba-45
	5:30pm	Masala Bhanga-45	Body Combat-45	Body Step-45	Zumba-45	Zumba-45	4pm - Body Combat
	6:15pm	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45	Zumba-45	
	7:00pm	Zumba-45	Zumba-45	Zumba-45	Body Combat-45		
7:45pm	Zumba-45	Pilates	Yoga	Body Pump	*All classes 60 minutes unless listed otherwise		
AQUA	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

Effective as of Monday 6 February 2023



Oakleigh Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	6:15am	Body Pump-45						
	9:30am	Nia Dance	Stretch4Life	Body Pump	Pilates	Yoga Vinyasa	Dance Hits	Body Pump
	10:30am	Music & Movement-45	Strong4Life	Zumba Gold-45	Yoga Vinyasa	Strong4Life	Barre-45	Yoga Vinyasa
	11:30am	Pilates Gold	Tai Chi	Dementia Friendly Class		ActiveLink	Body Attack	
	12:30pm		Barre-30					
	4:30pm							Yin Yang Yoga
	5:30pm	Boxing						
	5:45pm			BodyPump-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	Masala Bhangra		Yin Yoga		*All classes 60 minutes unless listed otherwise		

CYCLE	6:05am		Cycle				
	8:30am					Power Cycle-1hr	Cycle
	10:30am				Cycle		
	6:15pm	Cycle		Cycle		*All Cycle classes 45 minutes unless listed otherwise	

STUDIO 2 & 3	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			

RESULTS HQ	6:15am			Ultimate Cardio		HIIT Strength	
	7:00am				Total Body Strength		
	8:30am						Functional Circuit
	9:30am						HIIT Strength
	5:15pm			Functional Circuit			
	5:30pm	HIIT Strength	Functional Circuit		Ultimate Cardio		
	6:30pm		Ultimate Cardio		Functional Circuit	*All Results classes 45 minutes unless listed otherwise	

ALL ABILITIES SMALL GROUP TRAINING

STUDIO 4	10:30am		All Abilities Small Group Training - Movers				
	11:35am			All Abilities Small Group Training - Movers	* Classes 45 minutes unless listed otherwise		

NEW CLASS

- Class descriptions available on www.activemonash.vic.gov.au
- Participants are required to bring a towel and drink bottle to each class. Please note, some classes require additional equipment. See class descriptions for more details.

