

GROUP FITNESS TIMETABLE

Effective as of Monday 21 August 2023



Monash Aquatic & Recreation Centre

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------|-------------------------|------------------------|----------------------------|-------------------------------|---|------------------------------|----------------|
| STUDIO 1 | 6:05am | Body Step-45 | | | | Body Combat-45 | | |
| | 8:05am | | Pilates Gold | | Pilates | | | |
| | 8:15am | | | | | 9:15am-Walking Group | Body Pump-45 | Body Attack-45 |
| | 9:05am | Body Pump | Zumba | Body Step-45 | Pilates | Body Pump | Body Step-45 | Body Pump |
| | 10:30am | Landmarc | Yoga | 10am - Core-30 | X-Training Gold | Landmarc | 10am - Zumba | Yoga |
| | 10:40am | | | Body Pump-45 | | | | |
| | 11:30am | Tai Chi | Landmarc | Body Balance | Stretch4Life | Tai Chi-45 | 11am - Pilates | Zumba |
| | 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 | 6:05am | | | Functional Circuit | | | | |
| | 8:30am | ActiveLink | | ActiveLink | | ActiveLink | 8:15am Functional Circuit-45 | |
| | 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 Circuit-45 | | | |
| | 5:30pm | Functional Circuit-45 | | | Functional Circuit-45 | | | |
| | 6:00pm | 6:30pm HIIT Strength-45 | Functional Circuit-45 | Total Body Strength-45 | | | | |
| | 7:30pm | Yoga-45 | | | | *All classes 60 minutes unless listed otherwise | | |
| CYCLE | 6:05am | | 6:15am - RPM | | Cycle | | | |
| | 8:15am | | 10:30am - Cycle | | | 10:30am - Cycle | Cycle-1hr | |
| | 5:00pm | | | | | | RPM | |
| | 5:30pm | | 6pm - Cycle | 6pm - 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 | 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 | | | 7:30pm - Aqua | *All Aqua classes 45 minutes | |

Clayton Aquatics & Health Club

NEW CLASS

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------|------------------------|----------------|--------------|-----------------|---|-------------------|-----------------|
| STUDIO 1 | 8:30am | Pilates | Tai Chi | | | Tai Chi | Body Balance | Yoga |
| | 9:30am | Yoga | Tai Chi | Body Balance | Body Pump | Tai Chi | Body Pump | Body Combat |
| | 10:30am | | ActiveLink | | Cardio4Life-45 | Yoga | Zumba | Yoga |
| | 11:00am | Strong4Life | | Strong4Life | | | | |
| | 11:30am | 12:05pm - Stretch4Life | Zumba Gold-45 | | | Zumba-45 | Zumba-45 | Zumba-45 |
| | 5:30pm | Masala Bhangra-45 | Body Combat-45 | Body Step-45 | Zumba-45 | Zumba-45 | 4pm - Body Combat | 4pm - Body Pump |
| | 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 | Restorative Yoga | | |
| | 7:45pm | Zumba-45 | Pilates | Yoga | Body Pump | *All classes 60 minutes unless listed otherwise | | |
| AQUA | 8:30am | Aqua | Aqua | Aqua | Aqua | Aqua | | |
| | 9:30am | Aqua | Aqua | Aqua | Aqua | Aqua | | |
| | 10:15am | | | | | Activelink Aqua | | |

NEW CLASS

GROUP FITNESS TIMETABLE

Effective as of Monday 21 August 2023

**ACTIVE
MONASH**

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 |
| | 10:30am | Music & Movement-45 | Strong4Life | Zumba Gold-45 | Yoga Vinyasa | Strong4Life | Barre |
| | 11:30am | Pilates Gold | Tai Chi | Dementia Friendly Class | | Zumba Gold-45 | |
| | 12:30pm | | Barre-30 | | | Mat Pilates | |
| | 4:30pm | | | | | | Yin Yang Yoga |
| | 5:45pm | 5:30pm Boxing | | 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 | | Fundamentals | | Fundamentals |
| | 9:30am | Contemporary | Dynamic | Dynamic | Contemporary | Contemporary | Dynamic |
| | 10:30am | | Contemporary | Reformer Gold | Dynamic | Dynamic | Dynamic |
| | 11:30pm | | | | | Fundamentals | |
| | 1:00pm | | Reformer Express-30 | | | | |
| | 5:30pm | Fundamentals | Dynamic | | Fundamentals | | |
| | 6:00pm | | Dynamic | | | | |
| | 6:30pm | Dynamic | Dynamic (new instructor) | | Dynamic | | |
| | 7:00pm | | Dynamic | | | | |
| | 7:30pm | Dynamic | | Fundamentals | *All Reformer classes 60 minutes unless listed otherwise | | |
| RESULTS HQ | 6:15am | | Ultimate Cardio | Total Body Strength | HIIT 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 | |
| STUDIO 4 | 10:30am | | All Abilities Small Group Training - Movers | | | | |
| | 12:30pm | | | 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.

**ACTIVE
MONASH**

Oakleigh
Recreation Centre

Monash
Aquatic & Recreation Centre

Clayton
Aquatics & Health Club