

# GROUP FITNESS TIMETABLE

Effective as of Monday 11 November 2024



## Monash Aquatic & Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	6:05am		6:30am Yoga		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	Body Pump
	10:00am			Core-30		9:15am Walking Group - meet in café	Zumba	
	10:30am	Landmarc	Yoga	10:40am Body Pump-45	X-Training Gold	Landmarc	11am Pilates	Yoga
	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 Kids-45**	Teen Fit-45**		4pm Zumba	5pm Yoga
	5:30pm	Zumba	Body Attack	Zumba	Body Pump	6pm Body Attack-45	5pm Yoga	
	6:30pm	Body Pump	Body Step	Body Attack	Body Combat		**Runs with school terms	
7:30pm	Body Combat	Body Pump	Pilates	Yoga	*All classes 55 minutes unless listed otherwise			

STUDIO 2	6:05am	Functional Circuit-45						
	8:30am	ActiveLink		ActiveLink		ActiveLink	8:15am Functional Circuit-45	
	9:30am	ActiveLink	Strong4Life	Yoga4Life	9:15am Strong4Life	Pilates Gold	Yoga	Functional Circuit-45
	10:30am			Strong4Life			Strong4Life	Pilates
	11:30am		12:45pm Total Body Strength-45	Activelink	12:30pm Functional Circuit-45	Stretch4Life	Active Abilities	
	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		7:15pm Yoga		*All classes 55 minutes unless listed otherwise		

CYCLE	6:05am		6:15am RPM		Cycle		8:15am Cycle
	10:30am		Cycle			10:15am Cycle	10:45am RPM
	6:30pm			RPM		*All Cycle classes 45 minutes unless listed otherwise	

AQUA	6:30am	Aqua						
	8:30am	Aqua	Aqua	Aqua	Aqua	Aqua Power		
	9:30am	Aqua	Aqua	Aqua Hydro	Aqua	Aqua Hydro	H2O Strength	Aqua Hydro
	10:30am	Aqua Hydro	Aqua		Aqua			Aqua Hydro
	10:45am			Water Therapy	ActiveLink Hydro			
	11:30am	Aqua Hydro	ActiveLink Hydro					
	7:15pm		Aqua			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	8:45am Zumba-45	Pilates-45	Tai Chi	Body Balance	Yoga
	9:30am	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump	Body Combat
	10:30am	Strong4Life	ActiveLink	11am Strong4Life	Cardio4Life-45	Yoga	Zumba	Yoga
	11:30am	12:05pm Stretch4Life	Zumba Gold-45		ActiveLink	Zumba-45	Zumba-45	Zumba
	4:00pm						Body Combat	Body Pump
	5:30pm	Pilates-45	Body Combat-45	Body Step-45	Zumba-45	Zumba-45	5pm Pilates	5pm Yoga
	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	Yoga		
7:45pm	Zumba-45	Pilates	Body Balance	Body Pump	*All classes 55 minutes unless listed otherwise			

AQUA	8:30am	Aqua	Aqua	Aqua	Aqua	Aqua	
	9:30am	Aqua	Aqua	Aqua	Aqua	Aqua	*All Aqua classes 45 minutes

NEW CLASS

# 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	Dance Hits	Body Pump
	10:30am	Modern Qigong-45	Strong4Life	Zumba Gold-45	Yoga Vinyasa	Strong4Life	Barre	Yoga
	11:30am	Pilates Gold	Tai Chi	Dementia Friendly Class	Zumba	Zumba Gold-45	Body Pump	
	12:30pm		Barre-30			Pilates		
	4:30pm							Yoga
	5:30pm	Boxing						
	5:45pm			Body Pump-45				
	6:00pm		Zumba		Dance Hits-45	Yin Yoga		
	6:30pm	Body Pump		Zumba-45				
	6:45pm				Yoga Vinyasa			
	7:00pm		Pilates					
	7:30pm	Masala Bhangra		Yin Yoga		*All classes 55 minutes unless listed otherwise		
<b>STUDIO 2 &amp; 3 - REFORMER</b>	6:15am		Dynamic					
	8:30am	Dynamic	Fundamentals		Fundamentals		Fundamentals	
	9:30am	Contemporary	Dynamic	Dynamic	Contemporary	Contemporary	Dynamic	Dynamic
	10:30am		Dynamic	Contemporary	Reformer Gold	Dynamic	Dynamic	Dynamic
	11:30am					Reformer Gold	Fundamentals	
	1:00pm		Reformer Express-30					
	5:00pm	Reformer Express-30		Contemporary				
	5:30pm	Fundamentals	Dynamic		Fundamentals			
	6:00pm			Dynamic				
	6:30pm	Dynamic	Dynamic		Dynamic			
	7:00pm			Dynamic				
	7:30pm	Dynamic	Contemporary		Fundamentals	*All classes 55 minutes unless listed otherwise		
<b>CYCLE</b>	6:05am		Cycle					
	8:30am				9:30am Cycle	Power Cycle-1hr	Cycle	
	6:00pm					RPM		
	6:15pm	Cycle		Cycle		*All Cycle classes 45 minutes unless listed otherwise		
<b>RESULTS HQ</b>	6:15am	Functional Circuit		Ultimate Cardio	Total Body Strength	HIIT Strength		
	8:30am					Functional Circuit		
	9:30am					HIIT Strength	Functional Circuit	
	10:30am			Functional Circuit				
	5:30pm	HIIT Strength	Functional Circuit	5:15pm Functional Circuit	Ultimate Cardio			
	6:30pm	Total Body Strength	HIIT Strength		Functional Circuit	*All Results classes 45 minutes unless listed otherwise		
<b>STUDIO 4</b>	10:30am	Movers	Movers	Movers				
	11:35am	Strong4Life		ActiveLink	Movers			
	11:45am		Strong4Life			* Classes 45 minutes unless listed otherwise		

**NEW CLASS**

- Class descriptions available on [www.activemonash.vic.gov.au](http://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.