

GROUP FITNESS TIMETABLE

Effective as of Monday 30 September 2024



Monash Aquatic & Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	6:05am				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 - meet in café	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						
	4:40pm	Active Kids-45**		Active Abilities Kids-45**	Teen Fit-45**		4pm Zumba	
	5:30pm	Zumba	Body Attack	Zumba	Body Pump	6pm Body Attack-45		
	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	Ultimate Cardio					
	8:30am	ActiveLink		ActiveLink		ActiveLink	8:15am Functional Circuit-45
	9:30am	ActiveLink	Strong4Life	Yoga4Life	9:15am Strong4Life	Pilates Gold	Yoga
	10:30am			Strong4Life			Strong4Life
	11:30am		12:45pm Total Body Strength-45		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	8:30am	Aqua	Aqua	Aqua	Aqua	Aqua Power	
	9:30am	Aqua	Aqua	Aqua Hydro	Aqua	Aqua Hydro	Aqua
	10:30am	Aqua Hydro	Aqua		Aqua		Aqua Hydro
	10:45am			Water Therapy	ActiveLink Hydro		
	11:30am	Aqua Hydro	ActiveLink Hydro				
	7:15pm		Aqua			7:30pm Aqua	*All Aqua classes 45 minutes

NEW CLASS

Clayton Aquatics & Health Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:30am	Pilates	Tai Chi	8:45am Zumba-45	Pilates-45	Tai Chi	Body Balance
	9:30am	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump
	10:30am	Strong4Life	ActiveLink	11am Strong4Life	Cardio4Life-45	Yoga	Zumba
	11:30am	12:05pm Stretch4Life	Zumba Gold-45		ActiveLink	Zumba-45	Zumba-45
	4:00pm					Body Combat	Body Pump
	5:30pm	Pilates-45	Body Combat-45	Body Step-45	Zumba-45	Zumba-45	5pm Pilates
	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	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

Effective as of Monday 30 September 2024

Oakleigh Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	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		
	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		

STUDIO 2 & 3 - REFORMER	6:15am		Dynamic					
	8:30am	Dynamic	Fundamentals		Fundamentals		Fundamentals	
	9:30am	Contemporary	Dynamic	Dynamic	Contemporary	Contemporary	Dynamic	Dynamic
	10:30am			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		

CYCLE	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		

RESULTS HQ	6:15am	Functional Circuit		Ultimate Cardio	Total Body Strength	HIIT Strength	
	8:30am						Functional Circuit
	9:30am						HIIT Strength
	10:30am		Ultimate Cardio	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	

STUDIO 4	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
- 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.