

GROUP FITNESS TIMETABLE

Effective as of Monday 7 April 2025



Monash Aquatic & Recreation Centre

NEW CLASS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------|-------------------------|----------------------------|-------------------------------|---|---|------------------------------|
| STUDIO 1 | 6:05am | | 6:30am Yoga | 8:05am Pilates | Body Combat-45 | | |
| | 8:15am | 6:30am Body Balance | | | | Body Pump-45 | Body Attack-45 |
| | 9:05am | 8:05am Pilates Gold | | | | Body Pump-45 | Body Pump |
| | 10:00am | Zumba | Body Step-45 | Pilates | Body Pump | Body Step-45 | Body Pump |
| | 10:30am | | Core-30 | | 9:15am Walking Group - Meet in Café | Zumba | |
| | 11:30am | Landmarc | 10:40am Body Pump-45 | X-Training Gold | Landmarc | 11am Pilates | Yoga |
| | 12:30pm | Tai Chi | Body Balance | Stretch4Life | Tai Chi-45 | | Zumba |
| | 2:00pm | Zumba Gold-45 | | Zumba Gold-45 | | | |
| | 4:40pm | Strong4Life | | | | | |
| | 5:30pm | Active Kids-45** | Active Abilities Kids-45** | Teen Fit-45** | | 4pm Zumba | 5pm Yoga |
| | 6:30pm | Zumba | Body Attack | Body Pump | 5pm Body Balance | 5pm Yoga | |
| | 7:30pm | Body Pump | Body Step | Body Attack | Body Combat | 6pm Body Attack-45 | **Runs with school terms |
| | | Body Combat | Body Pump | Pilates | Yoga | *All classes 55 minutes unless listed otherwise | |
| STUDIO 2 | 8:30am | ActiveLink | 8am Ultimate Cardio | ActiveLink | ActiveLink-45 | ActiveLink | 8:15am Functional Circuit-45 |
| | 9:30am | ActiveLink | Strong4Life | Yoga4Life | 9:15am Strong4Life | Pilates Gold | Yoga |
| | 10:30am | | | Strong4Life | | | Functional Circuit-45 |
| | 11:30am | | | | | Strong4Life | Pilates |
| | 12:45pm | | | | 11am Stretch4Life | Active Abilities | |
| | 5:30pm | | Total Body Strength-45 | 12:30pm Functional Circuit-45 | 12pm Pilates Gold | | |
| | 6:00pm | Functional Circuit-45 | | Functional Circuit-45 | | | |
| | 7:30pm | 6:30pm HIIT Strength-45 | Functional Circuit-45 | Total Body Strength-45 | | | |
| CYCLE | 6:05am | Yoga-45 | | 7:15pm Yoga | *All classes 55 minutes unless listed otherwise | | |
| | 10:30am | ActiveLink | 8am Ultimate Cardio | ActiveLink | ActiveLink-45 | ActiveLink | 8:15am Functional Circuit-45 |
| | 6:30pm | Yoga-45 | | 7:15pm Yoga | *All classes 55 minutes unless listed otherwise | | |
| AQUA | 6:30am | Aqua | | | | | |
| | 8:30am | Aqua | Aqua | Aqua | Aqua | Aqua Power | |
| | 9:30am | Aqua | Aqua | Aqua Hydro | Aqua | 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 | 6:30pm Swim Strong | 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 |
| | 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 | Stretch4Life | Zumba Gold-45 | | ActiveLink | Zumba-45 | Zumba |
| | 4:00pm | | 4:30pm Family Zumba-45 | | | Body Combat | Body Pump |
| | 5:30pm | Pilates-45 | Body Combat-45 | Body Step-45 | Zumba-45 | 5pm Pilates | 5pm Yoga |
| | 6:15pm | Body Pump-45 | Body Balance-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 | | |
| | 9:30am | Aqua | Aqua | Aqua | Aqua | *All Aqua classes 45 minutes | |

GROUP FITNESS TIMETABLE

Effective as of Monday 7 April 2025

Oakleigh Recreation Centre

NEW CLASS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|---------|---------------------------|---------------------|---------------------------|---|---|--------------------|
| STUDIO 1 | 8:30am | Barre-45 | | | | | |
| | 9:30am | Nia Dance | Stretch4Life | Body Pump | Pilates | Yoga | Dance Hits |
| | 10:30am | Modern Qigong-45 | Strong4Life | Zumba Gold-45 | Yoga Vinyasa | Strong4Life | Barre |
| | 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 | | | | | | |
| | 7:00pm | | Pilates | 6:45pm Barre-45 | | | |
| | 7:30pm | Masala Bhangra | Yin Yoga | Pilates | *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 | Dynamic | Dynamic |
| | 10:30am | | Dynamic | Contemporary | Reformer Gold | Dynamic | Dynamic |
| | 11:30am | | | | Reformer Gold | Fundamentals | |
| | 1:00pm | Reformer Express-30 | | | | | |
| | 5:00pm | Reformer Express-30 | Contemporary | | Dynamic | | |
| | 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 | 6:30pm RPM | *All Cycle classes 45 minutes unless listed otherwise | | |
| RESULTS HQ | 6:15am | Functional Circuit | Ultimate Cardio | Total Body Strength | HIIT Strength | | |
| | 8:30am | 7:15am Functional Circuit | | | | 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 | Ultimate Cardio | 6:15pm Functional Circuit | Functional Circuit | *All Results classes 45 minutes unless listed otherwise | |
| STUDIO 4 | 10:30am | Movers | Movers | Movers | | | |
| | 11:35am | Strong4Life Circuit | | ActiveLink Circuit | Movers | | |
| | 11:45am | | Strong4Life Circuit | | | * Classes 45 minutes unless listed otherwise | |

- 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.