

GROUP FITNESS TIMETABLE

Effective as of Wednesday 1 April 2026

Monash Aquatic & Recreation Centre

NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	9:05am Body Pump	8:05am Pilates Gold	6:30am Yoga	8:05am Pilates	9:05am Body Pump	8:15am Body Pump-45	8:15am Body Attack-45
	10:30am Landmarc	9:05am Zumba	8:05am Body Pump HEAVY-45	9:05am Pilates	9:15am Walking Group - meet in café	9:05am Body Step-45	9:05am Body Pump
	11:30am Tai Chi	10:30am Yoga	9:05am Body Step-45	10:30am X-Training Gold	10:30am Landmarc	10:00am Zumba	10:30am Yoga
	12:30pm Zumba Gold-45	11:30am Landmarc	10:00am Core-30	11:30am Stretch4Life	11:30am Tai Chi-45	11:00am Pilates	11:30am Zumba
	2:00pm Strong4Life	5:30pm Body Attack	10:40am Body Pump-45	12:30pm Zumba Gold-45	12:30pm Nia Dance	12:00noon Body Pump HEAVY-45	5:00pm Yoga
	4:40pm Active Kids-45	6:30pm Body Step	11:30am Body Balance	5:30pm Body Pump	5:00pm Body Balance	4:00pm Zumba	
	5:30pm Zumba	7:30pm Body Pump	4:40pm Active Abilities Kids-45	6:30pm Body Combat	6:00pm Body Attack-45	5:00pm Yoga	
	6:30pm Body Pump		5:30pm Zumba	7:30pm Yoga			
7:30pm Body Combat		6:30pm Body Attack					
		7:30pm Pilates				*All classes 55 minutes unless listed otherwise	

STUDIO 2	8:30am ActiveLink	8:35am Activelink - 45	8:30am ActiveLink	8:30am ActiveLink-45	8:30am ActiveLink	9:30am Yoga	
	9:30am ActiveLink	9:30am Strong4Life	9:30am Yoga4Life	9:15am Strong4Life	9:30am Pilates Gold	10:30am Strong4Life	10:30am Pilates
	11:00am Activelink Dance		10:30am Strong4Life	10:30am Activelink Pilates	11:00am Stretch4Life	11:30am Active Abilities	
	7:30pm Yoga-45		7:15pm Yoga		12:00pm Pilates Gold	*All classes 55 minutes unless listed otherwise	

CYCLE	10:15am Cycle	6:15am RPM	6:30pm RPM	6:05am Cycle	10:15am Cycle	8:15am Cycle	9:15am Cycle
		10:30am Cycle		10:30am Cycle			
		5:30pm HIIT Cycle-30				*All Cycle classes 45 minutes unless listed otherwise	

AQUA	6:30am Aqua Fit	8:30am Aqua Fit	8:30am Aqua Moves	8:30am Aqua Moves	8:30am Aqua Power	9:30am Aqua Hydro	
	8:30am Aqua Power	9:30am Aqua Fit	9:30am Aqua Hydro	9:30am Aqua Hydro	9:30am H2O Strength	10:30am Aqua Hydro	
	9:45am Aqua Fit	10:30am Aqua Fun	9:30am Aqua Fit	9:30am Aqua Moves	7:15pm Aqua Power		
	10:30am Aqua Hydro	11:30am ActiveLink Hydro	10:45am Water Therapy	10:30am Aqua Fit			
	11:30am Aqua Flow Hydro	7:15pm Aqua Power		10:45am ActiveLink Hydro			
	6:30pm Swim Strong					*All Aqua classes 45 minutes unless listed otherwise	

FGT	5:30pm HIIT	7:45am Fit	6:00pm Strong	12:30pm HIIT		8:15am HIIT	9:30am Fit
	6:30pm Strong	12:45pm Strong		4:40pm Fit Teen Lab			
		6:00pm HIIT		5:30pm HIIT		*All Cycle classes 45 minutes unless listed otherwise	

REFORMER

SEE OUR WEBSITE FOR LATEST OFFERS & PROMOTIONS

- Entry to classes via valid ticket only
- Class capacity limits apply for safety
- Please arrive before class time to avoid disappointment
- Gym towel and closed-toe shoes required for general group exercise classes
- Grip socks required for reformer pilates classes

Clayton Aquatics & Health Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:30am Pilates	9:30am Tai Chi	8:45am Zumba-45	8:30am Pilates-45	8:30am Tai Chi	8:30am Body Balance	8:30am Yoga
	9:30am Yoga	10:30am ActiveLink	9:30am Body Balance	9:30am Body Pump	9:30am Tai Chi	9:30am Body Pump	9:30am Body Combat
	10:30am Strong4Life	11:30am Zumba Gold-45	11:00am Strong4Life	10:30am Cardio4Life-45	10:30am Zumba-45	10:30am Zumba	10:30am Yoga
	11:30am Stretch4Life	4:30pm Family Zumba-45	12:30pm Activelink	11:30am ActiveLink	11:15am Yoga	11:30am Zumba-45	11:30am Zumba
	12:30pm Zumba-45	5:30pm Body Combat-45	5:30pm Body Step-45	5:30pm Zumba-45	5:30pm Zumba-45	4:00pm Body Combat	4:00pm Body Pump
	5:30pm Pilates-45	6:15pm Body Balance-45	6:15pm Body Pump-45	6:15pm Body Balance-45	6:15pm Zumba-45	5:00pm Pilates	5:00pm Yoga
	6:15pm Body Pump-45	7:00pm Zumba-45	7:00pm Zumba-45	7:00pm Body Combat-45	7:00pm Yoga		
	7:00pm Zumba-45	7:45pm Pilates	7:45pm Body Balance	7:45pm Body Pump			
	7:45pm Zumba-45						7:00pm Zumba Women's Only-45
					*All classes 55 minutes unless listed otherwise		
AQUA	8:30am Aqua Fun	8:30am Aqua Fit	8:30am Aqua Fun	8:30am Aqua Moves	8:30am Aqua Power		6.45pm Aqua Fit Womens only
	9:30am Aqua Fun	9:30am Aqua Power	9:30am Aqua Fun	9:30am Aqua Moves	9:30am Aqua Power	* All Aqua classes 45 minutes	

Oakleigh Recreation Centre

NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:30am Barre-45	8:30am BodyPump HEAVY -45	9:30am Body Pump	9:30am Pilates	9:30am Hatha Yoga	9:30am Dance Hits	9:30am Body Pump
	9:30am Nia Dance	9:30am Stretch4Life	10:30am Zumba Gold-45	10:30am Vinyasa Yoga	10:30am Strong4Life	10:30am Barre	10:30am Vinyasa Yoga
	10:30am Body Pump	10:30am Strong4Life	11:30am Dementia Friendly Class	11:30am Zumba	11:30am Zumba Gold-45	11:30am Body Pump	4:30pm Yin Yang Yoga
	11:30am Pilates Gold	11:30am Tai Chi	5:45pm Body Pump-45	6:00pm Dance Hits-45	5:30pm BodyPump HEAVY-45	12:30pm Body Balance	
	5:30pm Boxing	12:30pm Barre-30	6:30pm Zumba-45	6:45pm Barre-45	6:30pm Body Balance		
	6:30pm Body Pump	5:45pm Zumba	7:30pm Yin Yoga	7:30pm Pilates			
	7:30pm Masala Bhangra	6:30pm Body Balance				*All classes 55 minutes unless listed otherwise	
STUDIO 2 & 3 - REFORMER	8:30am Fundamentals	8:30am Fundamentals	6:15am Fundamentals	8:30am Fundamentals	9:30am Contemporary	9:30am Dynamic	8:30am Fundamentals
	9:30am Contemporary	9:30am Dynamic	9:30am Dynamic	9:30am Contemporary	10:30am Dynamic	10:30am Dynamic	9:30am Dynamic
	5:00pm Reformer Express-30	10:30am Dynamic	10:30am Contemporary	10:30am Reformer Gold	11:30am Reformer Gold	11:30am Fundamentals	10:30am Dynamic
	5:30pm Fundamentals	1:00pm Reformer Express-30	5:00pm Contemporary	5:30pm Fundamentals	5:00pm Dynamic		
	6:30pm Dynamic	5:30pm Contemporary	6:00pm Dynamic	6:30pm Dynamic			
	7:30pm Dynamic	6:30pm Dynamic	7:00pm Dynamic	7:30pm Fundamentals			
		7:30pm Contemporary				*All Reformer classes 55 minutes unless listed otherwise	
CYCLE	6:05am Sprint virtual	6:05am Cycle	6:15am RPM virtual	6:05am The Trip virtual	9:30am Sprint virtual	8:30am Power Cycle-1hr	8:30am Cycle
	9:30am RPM virtual	9:30am RPM virtual	9:30am The Trip virtual	9:30am Cycle	10:30am The Trip virtual	10:30am The Trip virtual	10:00am The Trip virtual
	5:00pm The Trip virtual	10:30am SPRINT virtual	6:15pm Cycle	5:30pm Sprint virtual		11:30am RPM virtual	11:00am Sprint virtual
	6:15pm Cycle	6:15pm The Trip virtual	7:15pm Sprint virtual				
	7:15pm RPM virtual					*All Cycle classes 45 minutes unless listed otherwise	
FGT	6:15am HIIT	6:15am Run Fit	6:15am Fit	6:15am Strong	6:15am HIIT	8:30am HIIT	9:30am HIIT
	7:15am Strong	5:30pm HIIT	12:00pm FIT-30	5:30pm Fit	5:30pm Run Fit	9:30am Strong	
	5:30pm HIIT	6:30pm Strong	5:15pm Strong	6:30pm HIIT			
	6:30pm Strong		6:15pmFit			*All Results classes 45 minutes unless listed otherwise	
STUDIO 4	10:30am Movers	10:30am Movers	10:30am Strong4Life Circuit				
	11:35am Strong4Life Circuit	11:45am Strong4Life Circuit	11:35am ActiveLink Circuit	11:35am Movers		*All Studio 4 classes 45 minutes	

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