

GROUP FITNESS TIMETABLE

Effective as of Monday 12 January 2026

ACTIVE
MONASH

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	6:05am Body Combat-45	8:15am Body Pump-45	8:15am Body Attack-45
	10:30am Landmarc	9:05am Zumba	9:05am Body Step-45	9:05am Pilates	9:05am Body Pump	9:05am Body Step-45	9:05am Body Pump
	11:30am Tai Chi	10:30am Yoga	10:00am Core-30	10:30am X-Training Gold	9:15am Walking Group - meet in café	10:00am Zumba	10:30am Yoga
	12:30pm Zumba Gold-45	11:30am Landmarc	10:40am Body Pump-45	11:30am Stretch4Life	10:30am Landmarc	11:00am Pilates	11:30am Zumba
	2:00pm Strong4Life	2:00pm Strongman4Life	11:30am Body Balance	12:30pm Zumba Gold-45	11:30am Tai Chi-45	4:00pm Zumba	5:00pm Yoga
	4:40pm Active Kids-45		4:40pm Active Abilities Kids-45	5:30pm Body Pump	12:30pm Nia Dance	5:00pm Yoga	
	5:30pm Zumba	5:30pm Body Attack	5:30pm Zumba	6:30pm Body Combat	5:00pm Body Balance		
	6:30pm Body Pump	6:30pm Body Step	6:30pm Body Attack	7:30pm Yoga	6:00pm Body Attack-45		
	7:30pm Body Combat	7:30pm Body Pump	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	10:30am Pilates
	9:30am ActiveLink	9:30am Strong4Life	9:30am Yoga4Life	9:15am Strong4Life	9:30am Pilates Gold	10:30am Strong4Life	
	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	
FGT	5:30pm HIIT-45	7:45am Fit	6:00pm Strong-45	12:30pm HIIT-45		8:15am HIIT-45	9:30am Fit-45
	6:30pm Strong-45	12:45pm Strong-45		4:45pm Fit Teen LAB-30			
		6:00pm HIIT-45		5:30pm HIIT-45		*All classes 45 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			
		5.30 HIIT Cycle-30				*All 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	
	9:30am 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 Hydro	7:15pm Aqua Power		10:45am ActiveLink Hydro			
	6:30pm Swim Strong					*All classes 45 minutes unless listed otherwise	
REFORMER	9:30am Foundation	8:30am Foundation	8:30am Foundation	10:30am Foundation	8:00am Foundation	8:30am Foundation	10:30am Foundation
	10:30am Foundation	10:30am Essential	9:30am Reformer4Life	11:30am Essential	11:00am Essential	9:30am Precision	11:30am Precision
	6:30pm Essential	5:30pm Foundation	10:30am Essential	6:30pm Precision	5:30pm Foundation	10:30am Essential	
	7:30pm Foundation	6:30pm Precision	12:00pm Foundation	7:30pm Precision			
			5:00pm Foundation				
			6:30pm Precision			*All classes 55 minutes unless listed otherwise	

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

*All Aqua classes 45 minutes

Oakleigh Recreation Centre

NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:30am Barre-45	9:30am Stretch4Life	9:30am Body Pump	9:30am Pilates	9:30am Yoga	9:30am Dance Hits	9:30am Body Pump
	9:30am Nia Dance	10:30am Strong4Life	10:30am Zumba Gold-45	10:30am Yoga Vinyasa	10:30am Strong4Life	10:30am Barre	10:30am Vinyasa Flow Yoga
	10:30am Body Pump	11:30am Tai Chi	11:30am Dementia Friendly Class	11:30am Zumba	11:30am Zumba Gold-45	11:30am Body Pump	11.45am Body Attack
	11:30am Pilates Gold	12:30pm Barre-30	5:45pm Body Pump-45	6pm Dance Hits-45	6pm Yin Yoga	12:30pm Body Balance	4:30pm Yoga
	5:30pm Boxing	5:45pm Zumba	6:30pm Zumba-45	6:45pm Barre-45			
	6:30pm Body Pump	6:30pm Body Balance	7:30pm Yin Yoga	7:30pm Pilates			
	7:30pm Masala Bhangra	7:30pm Pilates				*All classes 55 minutes unless listed otherwise	
STUDIO 2 & 3 - REFORMER	8:30am Dynamic	8:30am Fundamentals	6:15am Dynamic	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
	5pm 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	1pm Reformer Express-30	5pm Contemporary	5:30pm Fundamentals	5pm Dynamic		
	6:30pm Dynamic	5:30pm Dynamic	6pm Dynamic	6:30pm Dynamic			
	7:30pm Dynamic	6:30pm Dynamic	7pm 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	10am The Trip Virtual
	5pm The Trip Virtual	10:30am SPRINT Virtual	6:15pm Cycle	5:30pm Sprint Virtual	6pm RPM	11:30am RPM Virtual	11am Sprint Virtual
	6:15pm Cycle	6:15pm The Trip Virtual	7:15pm Sprint Virtual	6:30pm RPM			
	7:15pm RPM Virtual				*All live Cycle classes 45 minutes unless listed otherwise		
FGT	6:15am HIIT	5:30pm HIIT	6:15am Fit	6:15am Strong	6:15am Strong	8:30am HIIT	9:30am HIIT
	7:15am Strong	6:30pm Strong	12pm FIT-30	5:30pm Fit		9:30am Strong	
	5:30pm HIIT		5:15pm Strong	6:30pm HIIT			
	6:30pm Strong		6:15pmFit			*All classes 45 minutes unless listed otherwise	
STUDIO 4	10:30am Movers	10:30am Movers		11:35am Movers			
	11:35am Strong4Life Circuit	11:45am Strong4Life Circuit	11:35am ActiveLink Circuit			*All classes 45 minutes unless listed otherwise	