

GROUP FITNESS TIMETABLE

Effective for Monday 23 September - Thursday 29 September 2024 (Temporary)



Monash Aquatic & Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	8:05am		Pilates Gold				
	8:15am					Body Pump-45	Body Attack-45
	9:05am	Body Pump	Zumba			Body Step-45	Body Pump
	10:00am					Zumba	
	10:30am	Landmarc	Yoga			11am Pilates	Yoga
	11:30am	Tai Chi	Landmarc				Zumba
	12:30pm	Zumba Gold-45					
	2:00pm	Strong4Life					
	4:00pm					Zumba	
	5:30pm	Zumba					5pm Yoga
	6:30pm	Body Pump					
	7:30pm	Body Combat					

Studio 1 Maintenance
Classes partially relocated

*All classes 55 minutes unless listed otherwise

STUDIO 2	6:05am	Ultimate Cardio						
	8:30am	ActiveLink		ActiveLink	8:05am Pilates		8:15am Functional Circuit-45	
	9:30am	ActiveLink	Strong4Life	Yoga4Life	9:15am Strong4Life	Functional Circuit-45	Yoga	Functional Circuit-45
	10:30am			Strong4Life	Zumba Gold-45		Strong4Life	Pilates
	11:30am			Body Balance	Stretch4Life	Stretch4Life	Active Abilities	
	12:30pm		12:45pm Total Body Strength-45		Functional Circuit-45			
	5:30pm		Functional Circuit-45	Zumba-50	Functional Circuit-45			
	6:30pm	HIIT Strength-45	Body Step-45	Total Body Strength-45	Body Combat			
7:30pm	Yoga-45	Body Pump	Yoga	Yoga				

*All classes 55 minutes unless listed otherwise

CYCLE	6:05am		6:15am RPM		Cycle		8:15am Cycle	
	10:30am		Cycle	9:05am Cycle		Cycle		10:45am RPM
	6:30pm			RPM				

*All Cycle classes 45 minutes unless listed otherwise

AQUA	8:30am	Aqua	Aqua	Aqua	Aqua			
	9:30am	Aqua	Aqua	Aqua Hydro	Aqua	Aqua Hydro	Aqua	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					

*All Aqua classes 45 minutes

- 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.