

# GROUP FITNESS TIMETABLE

Effective as of Monday 28 July 2025



## 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	10am Core-30	10:30am X-Training Gold	9:15am Walking Group - meet in café	10am Zumba	10:30am Yoga
	12:30pm Zumba Gold-45	11:30am Landmarc	10:40am Body Pump-45	11:30am Stretch4Life	10:30am Landmarc	11am Pilates	11:30am Zumba
	2:00pm Strong4Life	5:30pm Body Attack	11:30am Body Balance	12:30pm Zumba Gold-45	11:30am Tai Chi-45	4pm Zumba	5pm Yoga
	4:40pm Active Kids-45	6:30pm Body Step	4:40pm Active Abilities Kids-45	5:30pm Body Pump	5pm Body Balance	5pm Yoga	
	5:30pm Zumba	7:30pm Body Pump	5:30pm Zumba	6:30pm Body Combat	6pm Body Attack-45		
	6:30pm Body Pump		6:30pm Body Attack	7:30pm Yoga			
	7:30pm Body Combat		7:30pm Pilates			*All classes 55 minutes unless listed otherwise	
STUDIO 2	8:30am ActiveLink	9:30am Strong4Life	8:30am ActiveLink	8:30am ActiveLink	8:30am ActiveLink	9:30am Yoga	10:30am Pilates
	9:30am ActiveLink		9:30am Yoga4Life	9:15am Strong4Life	9:30am Pilates Gold	10:30am Strong4Life	
	7:30pm Yoga-45		10:30am Strong4Life		11am Stretch4Life	11:30am Active Abilities	
			7:15pm Yoga		12pm Pilates Gold	*All classes 55 minutes unless listed otherwise	
FGT	5:30pm HIIT	8am FIT	6pm Strong	12:30pm HIIT		8:15am HIIT	9:30am FIT
	6:30pm Strong	12:45pm Strong		5pm FIT Teen LAB			
		6pm HIIT		5:30pm HIIT		*All classes 45 minutes unless listed otherwise	
CYCLE	10:15am Cycle	6:15am RPM	6pm RPM	6:05am Cycle	10:15am Cycle	8:15am Cycle	10:45am RPM
		10:30am Cycle		10:30am Cycle			
		5:30pm 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	

## Clayton Aquatics & Health Club

NEW CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	6:30am 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 Yoga	10:30am Zumba	10:30am Yoga
	10:30am Strong4Life	11:30am Zumba Gold-45	5:30pm Body Step-45	11:30am ActiveLink	11:30am Zumba-45	11:30am Zumba-45	11:30am Zumba
	11:30am Stretch4Life	4:30pm Family Zumba-45	6:15pm Body Pump-45	5:30pm Zumba-45	5:30pm Zumba-45	4pm Body Combat	4pm Body Pump
	5:30pm Pilates-45	5:30pm Body Combat-45	7pm Zumba-45	6:15pm Body Balance-45	6:15pm Zumba-45	5pm Pilates	5pm Yoga
	6:15pm Body Pump-45	6:15pm Body Balance-45	7:45pm Body Balance	7pm Body Combat-45	7pm Yoga		
	7pm Zumba-45	7pm Zumba-45		7:45pm Body Pump			
	7:45pm Zumba-45	7:45pm Pilates				*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	*All Aqua classes 45 minutes	

# GROUP FITNESS TIMETABLE

Effective as of Monday 28 July 2025

## 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 Modern Qigong-45	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-45	6:30pm Zumba	6:45pm Barre-45			
	6:30pm Body Pump	STAY TUNED	7:30pm Yin Yoga	7:30pm Pilates			
	7:30pm Masala Bhanga	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 LES MILLS SPRINT <b>Virtual</b>	6:05am Cycle	6:15am RPM <b>Virtual</b>	6:05am THE TRIP <b>Virtual</b>	9:30am LES MILLS SPRINT <b>Virtual</b>	8:30am Power Cycle-1hr	8:30am Cycle
	9:30am RPM <b>Virtual</b>	9:30am RPM <b>Virtual</b>	9:30am THE TRIP <b>Virtual</b>	9:30am Cycle	10:30am THE TRIP <b>Virtual</b>	10:30am THE TRIP <b>Virtual</b>	10am THE TRIP <b>Virtual</b>
	5pm THE TRIP <b>Virtual</b>	10:30am LES MILLS SPRINT <b>Virtual</b>	6:15pm Cycle	5:30pm LES MILLS SPRINT <b>Virtual</b>	6pm RPM	11:30am RPM <b>Virtual</b>	11am LES MILLS SPRINT <b>Virtual</b>
	6:15pm Cycle	6:15pm THE TRIP <b>Virtual</b>	7:15pm LES MILLS SPRINT <b>Virtual</b>	6:30pm RPM	*All live Cycle classes 45 minutes unless listed otherwise		
	7:15pm RPM <b>Virtual</b>				*All Virtual Cycle classes range from 30mins - 1hour		
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		6:15pm FIT			*All classes 45 minutes unless listed otherwise	
STUDIO 4	10:30am Movers	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	

- Class descriptions available on [www.activemonash.vic.gov.au](http://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.