

Group Fitness Timetable

NOTE: Timetable is subject to change.
Always check ActiveWorld App for most up-to-date class schedule.

MAIN STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------------|----------------------------|-------------------------|--------------------------|-----------------------------|-------------------|---------------------|
| 6:00am | | BODYPUMP® | Circuit | BODYPUMP® | Virtual - BODYCOMBAT® | | |
| 7:00am | Virtual - LM CORE® | Virtual - BODYBALANCE® | Virtual - BODYPUMP® | Virtual - BODYCOMBAT® | Virtual - BODYPUMP® | | |
| 8:30am | | | | | | BODYPUMP® | BODYATTACK® |
| 9:30am | BODYPUMP® | #BARRE | BODYSTEP® | BODYATTACK® | BODYPUMP® | BODYCOMBAT® | BODYSTEP®/ Circuit~ |
| 10:30am | BODYBALANCE® | Zumba® | BODYPUMP® | Pop Yoga | LM CORE® | Virtual - SH'BAM® | Mat Pilates |
| 11:30am | Active Adults^ | Mat Pilates | Active Adults^ | Yoga - All Access^ | Zumba®^ | Yoga - Vinyasa | BODYBALANCE® |
| 12:30pm | Virtual - BODYCOMBAT® | | Yoga - Gentle Flow | | Active Adults | Pop Yoga | |
| 1:00pm | | Active Adults | | Active Adults | | | |
| 1:30pm | | | | | | Meditation | |
| 5:30pm | BODYPUMP® | Virtual (30) - BODYCOMBAT® | Virtual (30) - LM CORE® | Virtual (30) - BODYPUMP® | Virtual (30) - BODYBALANCE® | | |
| 6:00pm | | BODYPUMP® | #BARRE | BODYSTEP® | Zumba®* (Family Friendly) | | |
| 6:30pm | BODYCOMBAT® | | | | | | |
| 7:00pm | | BODYATTACK® | BODYPUMP® | BODYCOMBAT® | Yoga - Hatha | | |
| 7:15pm | #DANCE | | | | | | |
| 8:00pm | BODYBALANCE® | Yoga - Gentle Flow | Zumba® | Pop Yoga | | | |

* Zumba (Family Friendly) - school-aged kids welcome at no charge, but must be accompanied and supervised by a parent or guardian participating in the class also.
^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities.
Please arrive 10min prior to class to discuss your needs with the instructor.
~ Circuit session in the Coaching Zone studio for ALL members.

CYCLE STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------|--------------|-----------------|-----------------|-----------------|----------|-----------------|
| 6:00am | Cycle | SPRINT® | Cycle | Virtual SPRINT® | RPM® | | |
| 7:00am | Virtual SPRINT® | Virtual RPM® | Virtual SPRINT® | Virtual RPM® | Virtual SPRINT® | | |
| 8:30am | | | | | | RPM® | Virtual SPRINT® |
| 9:30am | Virtual SPRINT® | RPM® | RPM® | Virtual SPRINT® | Virtual RPM® | | Virtual RPM® |
| 10:30am | Virtual RPM® | Virtual RPM® | Virtual SPRINT® | Virtual RPM® | Virtual RPM® | | |
| 12:30pm | Virtual SPRINT® | Virtual RPM® | Virtual RPM® | Virtual SPRINT® | Virtual SPRINT® | | Virtual RPM® |
| 5:30pm | Virtual SPRINT® | | | | Virtual RPM® | | |
| 6:00pm | | | Cycle | | | | |
| 6:30pm | RPM® | | | Virtual SPRINT® | | | |

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REFORMER STUDIO

*Reformer classes only available to Silver and Gold membership levels.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|----------------|---------------------|----------|-------------|----------|----------|
| 6:00am | Reformer | Reformer | | | | | |
| 6:30am | | | | | | Reformer | |
| 7:00am | Reformer | | Reformer | | Reformer | | |
| 7:30am | | | | | | Reformer | |
| 8:30am | | Reformer | | Reformer | | Reformer | Reformer |
| 9:30am | Reformer | Reformer | BODYBALANCE® | Reformer | Mat Pilates | Reformer | Reformer |
| 10:30am | Reformer | Yoga - Vinyasa | Reformer | Reformer | Reformer | Reformer | |
| 11:30am | Mat Pilates | | Reformer | | Reformer | Reformer | |
| 5:00pm | Reformer | Reformer | Reformer | Reformer | Reformer | | |
| 6:00pm | Reformer | Mat Pilates | Reformer | Reformer | Mat Pilates | | |
| 7:00pm | Mat Pilates | Reformer | Mat Pilates | Reformer | | | |
| 8:00pm | | | Yoga - Gentle Flow# | | | | |

#Class is located in the Creche on the Ground Floor.

AQUA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|-------------|-----------|-------------|--------|----------|--------|
| 8:00am | | | Aqua Warm | Aqua | | | |
| 8:30am | | Aqua | | | | | |
| 9:30am | Aqua | Aqua Warm | | | | | |
| 10:30am | Aqua Zumba® | | Aqua | Aqua | | | |
| 11:30am | Aqua Warm | Aqua Zumba® | Aqua Warm | Aqua Warm | Aqua | | |
| 12:30pm | | | | Aqua | | | |
| 6:00pm | Aqua Warm | | | | | | |
| 7:00pm | Aqua | Aqua Zumba® | | Aqua Zumba® | | | |

COACHING ZONE®

*Coaching Zone only available to Gold membership level.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|------------|------------|------------|------------|-----------|----------|--------|
| 6:00am | Adrenaline | Afterburn | Accelerate | HIIT | Strong | | |
| 8:00am | | | | | | HIIT | |
| 8:30am | | | | | | | Boxing |
| 9:30am | Boxing | HIIT | Strong | Adrenaline | Afterburn | | |
| 6:00pm | Strong | Adrenaline | Boxing | Accelerate | | | |