

# Group Fitness Timetable

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

Please arrive 10min prior to class to discuss your needs with the instructor.

## MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYSTEP®	BODYPUMP®	Mat Pilates	BODYPUMP®	Virtual - BODYCOMBAT®		
7:00am	Virtual - LM CORE®	Virtual - BODYBALANCE®	Virtual - BODYPUMP®	Virtual - BODYCOMBAT®	Virtual - BODYPUMP®		
8:15am						BODYPUMP®	
8:30am		Virtual - LM CORE®	BODYBALANCE®	Virtual - LM CORE®			BODYSTEP®
9:30am	BODYPUMP®	#BARRE	BODYSTEP®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	BODYPUMP®
10:30am	BODYBALANCE®	Zumba®	BODYPUMP®	Pop Yoga	Mat Pilates	Mat Pilates	Mat Pilates
11:30am	Active Adults^	Mat Pilates	Active Adults^	Yoga - Gentle^	Zumba®^	Yoga - Vinyasa	BODYBALANCE®
12:30pm	Virtual - BODYCOMBAT®		Yoga - Gentle		Active Adults	Pop Yoga	#DANCE
1:00pm		Active Adults		Active Adults			
1:30pm					Yoga - Gentle	Meditation	
2:00pm		Active Adults					
5:00pm					Zumba®* (Family Friendly)		
5:15pm		Virtual (30) - BODYCOMBAT®					
5:30pm	BODYPUMP®						
6:00pm		BODYPUMP®	#BARRE		Mat Pilates		
6:15pm				#DANCE			
6:30pm	BODYCOMBAT®						
7:00pm		BODYATTACK®	BODYPUMP®		Virtual (30) - BODYCOMBAT®		
7:15pm	#DANCE			Pop Yoga			
8:00pm	BODYBALANCE®	Yoga - Gentle Flow	Zumba®				
8:05pm				Meditation (30)			

\* 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.

## PROGRAM ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am							Boxing
6:00pm		Mat Pilates					
7:00pm	Mat Pilates		Mat Pilates	BODYCOMBAT®			
8:00pm			Yoga - Gentle Flow				

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Cycle	SPRINT®	Cycle	Virtual SPRINT®	Cycle		
7:00am	Virtual SPRINT®	Virtual SPRINT®	Virtual SPRINT®	Virtual RPM®	Virtual SPRINT®		
8:30am						RPM®	Virtual SPRINT®
9:30am	Virtual SPRINT®	RPM®	RPM®	Virtual SPRINT®	Virtual RPM®	Virtual SPRINT®	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				Virtual SPRINT®			

## AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am			Aqua Warm	Aqua			
8:30am		Aqua			Aqua Pilates		
9:30am	Aqua	Aqua Warm			Aqua Warm		
10:30am	Aqua Zumba®	Aqua HIIT	Aqua	Aqua	Aqua Warm		
11:30am	Aqua Warm	Aqua Zumba®	Aqua Warm	Aqua Warm	Aqua		
12:30pm	Aqua Warm	Aqua Warm	Aqua HIIT	Aqua Warm			
6:00pm	Aqua Warm						
7:15pm		Aqua Warm		Aqua Zumba®			

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## MOVE Silver & Gold Membership Inclusions:

### REFORMER STUDIO \*Reformer classes only available to Silver and Gold membership levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Reformer	Reformer			Reformer		
6:30am						Reformer	
7:00am	Reformer		Reformer		Reformer		
7:30am						Reformer	
8:30am		Reformer		Reformer		Reformer	Reformer
9:30am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
10:30am	Reformer	Yoga - Vinyasa	Reformer	Reformer	Reformer	Reformer	
11:30am	Mat Pilates		Reformer		Reformer	Reformer	
4:00pm	Reformer						
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer		Reformer	Reformer			
7:00pm		Reformer		Reformer			

## MOVE Gold Membership Inclusions:

### FUNCTIONAL TRAINING \*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Strength	Functional	Aerobic	Functional	Strength		
7:00am						Aerobic	
8:00am						Strength	
8:30am							Functional
9:30am	Functional	Aerobic	Strength	Aerobic	Strength		
6:00pm	Strength	Aerobic		Functional			

### EXERCISE PHYSIOLOGY \*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am		Gym (AVLC)					
10:30am		Hydrotherapy					
12:00pm	Gym (AVLC)						
4:00pm				Gym (AVLC)			
5:00pm			Gym Based				

Classes marked with (AVLC) are held at Ascot Vale Leisure Centre.



### Your Membership App

- Download the Active World App
- Search for our venue in the dropdown
- Select forgot password to reset your account – follow the prompts
- Login once ready and create your quick access code – 4 digits
- Now you're in! Check your programs or book into a new class!

### Active World will allow you to:

- Book into your Group Exercise Classes
- View upcoming classes - via 'My Schedule'
- Place your account on suspension - via 'Manage My Account'
- Update your account and payment details
- Scan in using a digital access card – for when you forget your pass!
- Explore additional offerings like GOswim Lessons, Personal Training and Childcare Services

### Learn about our Exercise Physiology Group Program:

With the philosophy of exercise is medicine, our membership program provides an individual tailored exercise treatment plan for everyone who joins. We firmly believe that a 'one size fits all' approach does not work when managing illnesses and injuries.

We take into account your specific health concerns, needs and goals and apply an evidence-based approach to treatment in a socially welcoming approach.

With our Exercise Physiology Group Program, you'll enjoy:

- Personalised exercise plans designed by our Exercise Physiologists.
- Access to a dedicated Exercise Physiology Group timetable with Gym and Hydrotherapy led by our Exercise Physiology team.
- Initial Assessment and Quarterly progress and program reviews to keep you on track.
- Full membership access to the venue to use anytime.