

Group Fitness Timetable

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

MAIN STUDIO

♥ These classes need your love.

	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® / Boxing~
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®	BODYCOMBAT®			
7:15pm	#DANCE						
8:00pm	BODYBALANCE®	Yoga - Gentle Flow	Zumba®	Pop Yoga			
8:50pm				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.

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

~ Boxing session in the Functional Training studio for ALL members.

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Cycle	Virtual RPM®	Cycle	Virtual SPRINT®	Cycle		
7:00am	Virtual SPRINT®	SPRINT®	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				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			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	Mat Pilates	Reformer	Reformer			
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			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 HIIT	Aqua Warm			
6:00pm	Aqua Warm						
7:00pm	Aqua						
7:15pm		Aqua Zumba®		Aqua Zumba®			

FUNCTIONAL TRAINING

*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Functional	Strength	Aerobic	Functional	Strength		
7:00am				Aerobic		Aerobic	
8:00am						Strength	
8:30am							Functional
9:30am	Functional	Aerobic	Strength		Strength		
12:30pm					Functional		
6:00pm	Strength	Aerobic		Functional			