

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 / STADIUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP®		BODYPUMP®				
8:00am						LM CORE®	
8:30am						BODYPUMP®	
9:30am	BODYPUMP®	Cardio Boxing	BODYPUMP®	Zumba®	BODYPUMP®	BODYSTEP®	BODYPUMP®
10:30am	Active Adults^	BODYBALANCE®	Mat Pilates	Active Adults	Active Adults	Circuit	Zumba®
10:30am*	Active Adults*						
11:15am	MIOLI^						
11:30am	Zumba®^	MIOLI^	Active Adults				
6:00pm	BODYSTEP®	Zumba®	BODYPUMP®	BODYPUMP®			
7:00pm	BODYBALANCE®	BODYPUMP®	Cardio Boxing				

*10:30am Active Adults will be in the Functional Training studio.

^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities.

WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am	Mat Pilates						
10:30am	Mat Pilates	Yoga	Yoga - Hatha	Mat Pilates	BODYBALANCE®	Mat Pilates	
11:30am	Barre			Tai Chi	Barre	BODYBALANCE®	BODYBALANCE®
12:30pm	Barre	Mat Pilates					
7:00pm	Mat Pilates		Mat Pilates				
8:00pm			Yoga - Hatha	Yoga			

For your comfort and safety, please place all large personal belongings in a locker before class.

We recommend attending Wellness Studio classes with a water bottle, sweat towel, and yoga mat (where required).

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	SPRINT®	MyRide	RPM®	MyRide	RPM®		
7:00am	MyRide	MyRide	MyRide	MyRide	MyRide		
8:30am						Cycle	RPM®
9:00am					SPRINT®		
9:15am	Cycle	RPM®	RPM®	Cycle			
9:30am						RPM®	
10:30am	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
12:30pm	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide	MyRide
4:00pm						MyRide	MyRide
5:30pm	RPM®				RPM®		
6:00pm	SPRINT®		SPRINT®	MyRide			
6:30pm	MyRide	MyRide					
7:30pm			MyRide	MyRide			

AQUA

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

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MOVE Silver & Gold Membership Inclusions:

WELLNESS STUDIO

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am				Reformer			
7:00am	Reformer	Reformer	Reformer	Reformer	Reformer		
7:30am						Reformer	
8:00am	Reformer		Reformer		Reformer		
8:15am		Reformer		Reformer			
8:30am						Reformer	Reformer
9:15am	Reformer	Reformer	Reformer	Reformer	Reformer		
9:30am						Reformer	Reformer
10:30am							Reformer
5:00pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:00pm	Reformer	Reformer	Reformer	Reformer			
7:00pm	Reformer		Reformer				



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



MOVE Gold Membership Inclusions:

FUNCTIONAL TRAINING

*Functional Training only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:30am	Strength	Aerobic	Functional	Aerobic	Strength		
7:30am						Aerobic	
8:30am						Functional	Aerobic
9:30am	Strength	Aerobic	Functional	Aerobic	Strength		
6:00pm	Strength	Aerobic	Functional				

GOLD WELLBEING+

*Sessions only available to Gold Wellbeing+ membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am					
9:30am		Gym			
10:30am		Hydrotherapy (KELC)		Hydrotherapy (KELC)	Balance & Strength (KELC)
11:00am			Gym		Gym
11:30am				Gym (KELC)	
12:00pm	Balance & Strength				

Classes marked with (KELC) are held at Keilor East Leisure Centre.

Learn about the MOVE Health Clinic:

Allied Health Services That Work With You, For You.

MOVE Health Clinic Services include:

- Exercise Physiology (KELC + AVLIC)
- Physiotherapy (AVLC)
- Dietetics (AVLC + Telehealth Appointments)

Bulk Billing Now Available

MOVE Health Clinic offer 30-minute bulk billing Allied Health appointments with no gap payment.

To access bulk billed sessions please enquire with your GP about your eligibility for a Chronic Conditions Management Plan and get a referral for the Allied Health service you require.

Face to face and telehealth appointments available.



Find out more about the MOVE Health Clinic here