

# GROUP FITNESS TIMETABLE

Effective as of Monday 15 April 2024



## Monash Aquatic & Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>STUDIO 1</b>	6:05am	Body Step-45				Body Combat-45		
	8:15am		8:05am Pilates Gold		8:05am Pilates		Body Pump-45 Body Attack-45	
	9:05am	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Step-45 Body Pump	
	10:00am			Core-30		9:15am Walking Group - meet in café Zumba		
	10:30am	Landmarc	Yoga	10:40am Body Pump-45	X-Training Gold	Landmarc	11am Pilates Yoga	
	11:30am	Tai Chi	Landmarc	Body Balance	Stretch4Life	Tai Chi-45		Zumba
	12:30pm	Zumba Gold-45			Zumba Gold-45			
	2:00pm	Strong4Life						
	4:40pm	Active Kids-45**		Active Abilities Kids-45**	Teen Fit-45**		4pm Zumba	5pm Yoga
	5:30pm	Zumba	Body Attack	Zumba	Body Pump	6pm Body Attack-45		
6:30pm	Body Pump	Body Step	Body Attack	Body Combat		**Runs with school terms		
7:30pm	Body Combat	Body Pump	Pilates	Yoga	*All classes 55 minutes unless listed otherwise			

<b>STUDIO 2</b>	8:30am	ActiveLink		ActiveLink		ActiveLink	8:15am Functional Circuit-45	
	9:30am	ActiveLink	Strong4Life	Yoga4Life	Strong4Life	Pilates Gold	Yoga	Functional Circuit-45
	10:30am			Strong4Life			Strong4Life	Pilates
	11:30am		12:45pm Total Body Strength-45	Carers Class	12:30pm Functional Circuit-45	Stretch4Life	Active Abilities	
	5:30pm	Functional Circuit-45			Functional Circuit-45			
	6:00pm	6:30pm HIIT Strength-45	Functional Circuit-45	Total Body Strength-45				
	7:30pm	Yoga-45		7:15pm Yoga		*All classes 55 minutes unless listed otherwise		

<b>CYCLE</b>	6:05am		6:15am RPM		Cycle		8:15am PowerCycle-1hr	
	10:30am		Cycle			10:15am Cycle		10:45am RPM
	6:00pm		Cycle	RPM		*All Cycle classes 45 minutes unless listed otherwise		

<b>AQUA</b>	8:30am	Aqua	Aqua	Aqua	Aqua	Aqua Power		
	9:30am	Aqua	Aqua	Aqua Hydro	Aqua	Aqua Hydro	Aqua	H2O Strength Aqua Hydro
	10:30am	Aqua Hydro	Aqua			Aqua		Aqua Hydro
	10:45am			Water Therapy	ActiveLink Hydro			
	11:30am	Aqua Hydro	ActiveLink Hydro					
	7:15pm		Aqua				7:30pm Aqua	*All Aqua classes 45 minutes

NEW CLASS

## Clayton Aquatics & Health Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>STUDIO 1</b>	8:30am	Pilates	Tai Chi	8:45am Zumba-45	Pilates-45	Tai Chi	Body Balance Yoga	
	9:30am	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump Body Combat	
	10:30am	Strong4Life	ActiveLink	11am Strong4Life	Cardio4Life-45	Yoga	Zumba Yoga	
	11:30am	12:05pm Stretch4Life	Zumba Gold-45		ActiveLink	Zumba-45	Zumba-45 Zumba	
	4:00pm					Body Combat	Body Pump	
	5:30pm	Pilates-45	Body Combat-45	Body Step-45	Zumba-45	Zumba-45	5pm Pilates	
	6:15pm	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45	Zumba-45		
	7:00pm	Zumba-45	Zumba-45	Zumba-45	Body Combat-45	Restorative Yoga		
7:45pm	Zumba-45	Pilates	Yoga	Body Pump	*All classes 55 minutes unless listed otherwise			

<b>AQUA</b>	8:30am	Aqua	Aqua	Aqua	Aqua	Aqua	
	9:30am	Aqua	Aqua	Aqua	Aqua	Aqua	*All Aqua classes 45 minutes

NEW CLASS

# GROUP FITNESS TIMETABLE

Effective as of Monday 15 April 2024

## Oakleigh Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
STUDIO 1	9:30am	Nia Dance	Stretch4Life	Body Pump	Pilates	Yoga	Dance Hits	Body Pump
	10:30am	Modern Qigong-45	Strong4Life	Zumba Gold-45	Yoga Vinyasa	Strong4Life	Barre	Yoga
	11:30am	Pilates Gold	Tai Chi	Dementia Friendly Class		Zumba Gold-45		
	12:30pm		Barre-30			Pilates		
	4:30pm							Yoga
	5:30pm	Boxing						
	5:45pm			Body Pump-45				
	6:00pm		Zumba		Dance Hits-45	Yin Yoga		
	6:30pm	Body Pump		Body Combat				
	6:45pm				Box Fit-45			
	7:00pm		Pilates					
	7:30pm	Masala Bhangra		Yin Yoga		*All classes 55 minutes unless listed otherwise		

STUDIO 2 & 3 - REFORMER	7:00am		Dynamic					
	8:30am	Dynamic	Fundamentals		Fundamentals		Fundamentals	
	9:30am	Contemporary	Dynamic	Dynamic	Contemporary	Contemporary	Dynamic	Dynamic
	10:30am			Contemporary	Reformer Gold	Dynamic	Dynamic	Dynamic
	11:30am					Reformer Gold	Fundamentals	
	1:00pm		Reformer Express-30					
	5:00pm	Reformer Express-30						
	5:30pm	Fundamentals	Dynamic		Fundamentals			
	6:00pm			Dynamic				
	6:30pm	Dynamic	Dynamic		Dynamic			
	7:00pm			Dynamic				
	7:30pm	Dynamic			Fundamentals	*All Reformer classes 55 minutes unless listed otherwise		

CYCLE	6:05am		Cycle				
	8:30am			9:30am Cycle		Power Cycle-1hr	Cycle
	6:15pm	Cycle	RPM	Cycle	*All Cycle classes 45 minutes unless listed otherwise		

RESULTS HQ	6:15am	Functional Circuit		Ultimate Cardio	Total Body Strength	HIIT Strength	
	8:30am		Ultimate Cardio				Functional Circuit
	9:30am						HIIT Strength
	5:30pm	HIIT Strength	Functional Circuit	5:15pm Functional Circuit	Ultimate Cardio		
	6:30pm		Ultimate Cardio	HIIT Strength	Functional Circuit	*All Results classes 45 minutes unless listed otherwise	

STUDIO 4	10:30am	Movers	Movers	Movers		Movers	
	11:35am	Strong4Life		ActiveLink	Movers		
	11:45am		Strong4Life			* Classes 45 minutes unless listed otherwise	

NEW CLASS

- 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. See class descriptions for more details.