

GROUP FITNESS TIMETABLE

Effective as of Monday 26 February 2024



Monash Aquatic & Recreation Centre

		Monday	Tuesday	Wednesday		Thursday		Friday	Saturday	Sunday
STUDIO 1	6:05am	Body Step-45	8:05am Pilates Gold			8:05am Pilates		Body Combat-45		
	8:15am					9am Pram Fit - meet in café			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		

STUDIO 2	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		

CYCLE	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		

AQUA	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
STUDIO 1	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	Masala Bhangra-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		
AQUA	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 26 February 2024

**ACTIVE
MONASH**

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	Music & Movement-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				Tabata Strength-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						Power Cycle-1hr	Cycle
	10:30am				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
- 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.