

# GROUP FITNESS TIMETABLE

Effective as of Wednesday 28 July 2021



## Monash Aquatic & Recreation Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	6:05AM	Body Attack-45		HIIT Circuit-45		Body Combat-45	
	8:05AM		Pilates Gold		Pilates	Body Pump -45	
	8:15AM						Body Attack-45
	9:00AM					Body Step	
	9:05AM	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Pump
	9:30AM					Walking Group	
	10:00AM			Core-30		Zumba	
	10:30AM	Landmarc	Yoga		X-Training Gold	Landmarc	Yoga
	10:40AM			Body Pump-45			
	11:00AM					Zumba-45	
	11:30AM	Tai Chi	Landmarc	Body Balance	Stretch4life	Tai Chi-45	Zumba
	11:45AM					Pilates-45	
	12:30PM	Zumba gold-45			Zumba gold-45		
	2:00PM	Strong4life					
	4:00PM					Body Pump	Yoga
	4:40PM	Active Kids-45		All Abilities Kids-45	Teens-45		
	5:30PM	Zumba	Body Attack	Zumba	Body Pump		
6:00PM					Body Attack-45		
6:30PM	Body Pump	Body Step		Body Step			
7:30PM	Body Combat	Body Pump	Pilates	Yoga			

\*All classes 60 minutes unless listed otherwise

<b>STUDIO 2</b>	8:30AM	ActiveLink		ActiveLink		ActiveLink	
	9:30AM	ActiveLink	Strong4life	ActiveLink	Strong4life	Pilates Gold	Yoga
	10:30AM			Strong4life			
	11:30AM			Carers Class		Stretch4life	
	12:45PM		Total Body Strength*		Total Body Strength*		
	5:30PM	Functional Circuit*			Functional Circuit*		
	6PM			Total Body Strength*			
7:30PM	Yoga						

\*All RESULTS classes are 45 minutes

<b>CYCLE</b>	6:05AM		Cycle				
	8:15AM					Cycle-1hr	
	10:30AM		Cycle		Cycle		
	6:00PM		RPM-45				

\*All classes 45 minutes unless listed otherwise

<b>AQUA</b>	8:30AM	Aqua	Aqua		Aqua	Aqua Power	
	9:30AM	Aqua	Aqua	Aqua Hydro	Aqua Hydro	H2O Strength	Aqua Hydro
	9:30AM			Aqua	Aqua		
	10:30AM	Aqua Hydro	Aqua				Aqua Hydro
	10:45AM			Water Therapy	Activelink Hydro		
	11:30AM	Aqua Hydro	Aqua Hydro				
	6:15PM		Aqua Lite				
7:15PM		Aqua					

\*All aqua classes 45 minutes

## Clayton Aquatics & Health Club

<b>STUDIO</b>	8:30AM						Yoga
	9:30AM	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump
	10:30AM		Activelink		Cardio4life-45	Yoga	Zumba
	11:00AM	Strong4life		Strong4life			
	11:30AM		Zumba Gold-45			Zumba-45	Zumba-45
	5:30PM	Box Circuit-45	Body Combat-45		Zumba-45	Zumba-45	
	6:15PM	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45	Zumba-45	
	7:00PM	Zumba-45	Body Pump-45	Zumba-45	Body Combat-45		
	7:45PM	Zumba-45	Pilates	Yoga	Body Pump-45		

\*All classes 60 minutes unless listed otherwise

<b>AQUA</b>	8:30AM	Aqua	Aqua		Aqua		
	9:30AM	Aqua	Aqua	Aqua		Aqua	
	10:15AM					Activelink Aqua	

\*All aqua classes 45 minutes

# GROUP FITNESS TIMETABLE

Effective as of Wednesday 28 July 2021

**ACTIVE  
MONASH**

## Oakleigh Recreation Centre

\*All classes 60 minutes unless listed otherwise

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STUDIO 1</b>	8:30AM		Pilates				
	9:30AM	Zumba-45	Body Pump	Sweat-45	Pilates	Hatha Yoga	Dance Hits
	10:30AM	Nia Dance	Strong4life	Zumba Gold-45	Yoga Vinyasa	Strong4life	Yoga Yin-Yang
	11:30AM		Tai Chi		Activelink		
	12:30PM	Pilates Gold-45					
	4:00PM					Zumba	
	5:00PM				Core & more-45		
	5:30PM	Body Step-45		Zumba-45			
	6:00PM		Zumba			Yin Yoga	
	6:30PM	Body Pump		Body Combat	Body Pump		
	7:00PM		Pilates				
	7:30PM			Yoga Vinyasa			
<b>STUDIO 2 &amp; 3</b>	7:00AM		Dynamic				
	8:30AM	Dynamic		Fundamentals		Barre-45*	
	9:30AM	Contemporary	Dynamic	Dynamic	Contemporary	Contemporary	Dynamic
	10:30AM	Barre-30*	Fundamentals	Contemporary		Dynamic	Dynamic
	11:30AM					Dynamic	
	12:10PM		Barre-30*				
	12:45PM		Reformer Express-30				
	5:30PM	Fundamentals	Dynamic				
	6:00PM			Dynamic			
	6:30PM	Contemporary	Dynamic		Dynamic		
	7:00PM			Dynamic			
	7:30PM				Fundamentals		
<b>CYCLE</b>	6:05AM		Cycle-45				
	8:10AM						RPM-45
	8:30AM					Power Cycle 1hr	
	11:00AM				Cycle-45		
	6:00PM			Cycle-45			
	6:15PM	Cycle-45					
<b>RESULTS HQ</b>	6:30AM		Ultimate Cardio*		Functional Circuit*		
	8:30AM					Functional Circuit*	
	5:30PM		Functional Circuit*				
	6:00PM				Ultimate Cardio*		
	7:00PM	Total Body Strength*		Express HIIT-30			*All RESULTS classes are 45 minutes