

GROUP FITNESS TIMETABLE

Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	BODY PUMP Mel B	BODY BALANCE Katie	BODY PUMP Janny	BODY BALANCE Kate	BODY PUMP Mel B		
07:10	LES MILLS CORE Mel B		BODY BALANCE Mandy		LES MILLS CORE Mel B		
08:30	ACTIVE ADULTS Claire	ACTIVE ADULTS Kay	ACTIVE ADULTS Andrea	ACTIVE ADULTS Claire	YIN YOGA Debb	LES MILLS RPM™ Tiz/Nicole	BODY STEP Tara
09:30	BODY PUMP Ash/Kylie	RETRO DANCE EXP Debb	BODY PUMP Andrea	RETRO DANCE EXP Debb	BODY PUMP Mandy	BODY PUMP Andrea	BODY BALANCE Nicole/Kylie
10:00		SNR BOXING EXP Anne		SNR CIRCUIT EXP Michelle			
10:45	ACTIVE ADULTS Claire	YOGA Kaz	YIN YOGA Debb	YOGA Kaz	ACTIVE ADULTS Anne	MOVE TO IMPROVE Andrea	
11:45	MAT PILATES Claire	ALL ABILITIES DANCE Anne	STRETCH Michelle	ALL ABILITIES DANCE Anne	MAT PILATES Claire		
12:30	TAI CHI Claire						
16:30	BODY PUMP EXP Katie	BODY BALANCE EXP Michelle	BODY PUMP EXP Katie	BODY BALANCE EXP Katie	BODY PUMP EXP Katie		
17:30	BODY PUMP Janny	BODY STEP Tara	BODY PUMP Katie	CARDIO BOXING Mick	YOGA Katie		
18:40	CARDIO BOXING Mick	LES MILLS RPM™ Kate	BODY BALANCE Katie	LES MILLS RPM™ Nicole	LES MILLS RPM™ Kate		

FUNCTIONAL TRAINING

Gym Floor

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM FLOOR	06:10	C30 Strength	C30 Aerobic	C30 Speed	C30 Aerobic	C30 Strength		
	07:30	C30 Strength	C30 Strength	C30 Aerobic	C30 Strength	C30 Speed	C30 Strength (7:30am)	
	08:20	C30 Speed	C30 Aerobic	C30 Strength	C30 Speed	C30 Strength	C30 Strength	
	09:20	C30 Strength	C30 Base	C30 Strength	C30 Aerobic	C30 Strength	C30 Aerobic (9am)	
	10:45		C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer			
	16:30	C30 Strength	C30 Speed	C30 Strength	C30 Aerobic	C30 Base		
	18:00	C30 Strength	C30 Strength	C30 Speed	C30 Strength	C30 Strength		
	18:30	C30 Strength	C30 Core	C30 Speed	C30 Strength			

OUTSIDE STUDIO

On the Green

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GREEN	06:30	Yoga Alex			CYCLE Kobe			
	18:00			LES MILLS Sprint™ Tiz				

Effective November 2025

AQUA & HYDRO

MAIN POOL

HYDRO POOL

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA	08:00		Aquafit Tiz			Aqua Mild Tania		
	08:30						Aquafit Sarsha	
	08:45	Aqua Mild Nicole	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Kate	Aqua Mild Tania		
	09:45	Mums & Bubs Aqua Claire						
	19:00		Aquafit Tania		Aquafit Kath			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HYDRO	09:45	Warm Water Nicole	Warm Water Tiz	Warm Water Tania	Warm Water Claire	Warm Water Tania		
	10:30			Warm Water Tania				

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REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER PILATES	06:10	Reformer Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole	Reformer Kate		
	07:10	Reformer Beginner Nicole	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Kate		
	08:30						Reformer Nicole/Monica	Reformer Nicole
	09:30	Reformer Debb	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Nicole/Monica	Reformer Nicole
	10:30	Reformer Beginner Debb	Reformer Beginner Debb	Reformer Beginner Claire	Reformer Beginner Kate	Reformer Beginner Claire	Reformer Nicole/Monica	Reformer Beginner Nicole
	16:30	Reformer Kate	Reformer Beginner Monica	Reformer Monica	Reformer Helen	Reformer Monica		
	17:30	Reformer Beginner Kate	Reformer Monica	Reformer Beginner Monica	Reformer Helen	Reformer Monica		
	18:30	Reformer Beginner Kate	Reformer Monica	Reformer Monica	Reformer Beginner Helen	Reformer Monica		

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