GROUP FITNESS TIMETABLE



Effective 15th December 2025 to 25th January 2026

Please ensure you arrive to class 5-10mins prior to start time as late arrivals may be refused entry.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15-Dec-25	16-Dec-25	17-Dec-25	18-Dec-25	19-Dec-25	20-Dec-25	21-Dec-25
Morning Classes						
6.10am - 7.00am	6.10a m - 7.00a m	6.10am - 7.00am	6.10am - 7.00am	6.10a m – 7.00a m	9.00a m - 10.00a m	
RPM	TB50	RPM	FitCIRCUIT	Soft Flow Yoga	Hatha Yoga	
Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Studio 2	Studio 2	
9.15am -10.15am	9.15am -10.15am	9.15am -10.15am	9.15am -10.15am	6.10am - 7.00am	9.15a m -10.00a m	9.15a m–10.15a m
Body Pump	Body Balance	Body Pump	Body Balance	Shapes	Body Attack	SPIN
Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room
		10.30am - 11.15am		9.15am -10.15am	10.15a m-11.00a m	
		Pilates		Body Pump	Shapes	
		Studio 2		Group Fitness Room	Group Fitness Room	
				10.30a m - 11.30a m	10.15a m-11.15a m	
				Pilates	YIN YOGA	
				Studio 2	Studio 2	
Evening Classes						
4.30pm - 5.15pm	4.30pm - 5.15pm	4.30pm-5.30pm	4.30pm - 5.30pm			
Shapes	Pilates	Hatha Yoga	Yin Yoga			
Group Fitness Room	Studio 2	Studio 2	Studio 2			
5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.15pm - 5.45pm	5.30pm - 6.30pm	44 20 4 20	44.00 4.30
Body Pump	Yin Yoga	Body Pump	Core	Shapes	11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand
Group Fitness Room	Studio 2	Group Fitness Room	Group Fitness Room	Group Fitness Room		
5.30pm - 6.30pm	5.30pm - 6.30pm		6.00pm - 7.00pm			
SoftFlow Yoga	Body Balance		RPM			
Studio 2	Group Fitness Room		Group Fitness Room			
Aquatic Classes						
7.00a m – 7.50a m	9.10a m -10.00a m	7.00a m – 7.50a m		7.00a m – 7.50a m		
Deep Water	Aqua Easy	Deep Water		Deep Water		
Running	Hydro Pool	Running		Running		
25m Pool		25m Pool				
		25111 P001		25m Pool		
6.30pm - 7.20pm		25111 POUI	6.30pm - 7.20pm	25m Pool 9.10am –10.00am		
6.30pm - 7.20pm Deep Water		23111 P001	6.30pm - 7.20pm Deep Water			
		23111 POUT		9.10a m –10.00a m		
Deep Water		23111 F001	Deep Water	9.10am –10.00am Aqua Easy		
Deep Water Running 25m Pool			Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool		
Deep Water Running 25m Pool MONDAY	TUESDAY	WEDNESDAY	Deep Water Running	9.10am –10.00am Aqua Easy	SATURDAY	SUNDAY
Deep Water Running 25m Pool	TUESDAY 23-Dec-25		Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool	SATURDAY 27-Dec-25	SUNDAY 28-Dec-25
Deep Water Running 25m Pool MONDAY		WEDNESDAY 24-Dec-25	Deep Water Running 25m Pool THURSDAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY		28-Dec-25
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am	23-Dec-25 6.10am - 7.00am	WEDNESDAY 24-Dec-25 6.10am - 7.00am	Deep Water Running 25m Pool THURSDAY 25-Dec-25	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating	27-Dec-25 9.15am-10.15am	28-Dec-25 9.15am-10.15am
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM	23-Dec-25 6.10am - 7.00am Virtual Body Attack	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm	9.15am-10.15am Virtual RPM	9.15am-10.15am Virtual RPM
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am	23-Dec-25 6.10am - 7.00am Virtual Body Attack 9.15am -10.15am	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am	Deep Water Running 25m Pool THURSDAY 25-Dec-25	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am	9.15am-10.15am Virtual RPM 10.30am - 11.15am	9.15am-10.15am Virtual RPM 10.30am-11.00am
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand Evening Classes	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm Virtual On Demand	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm Virtual On Demand	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand Evening Classes 5.30pm - 6.30pm	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm Virtual On Demand	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm Virtual On Demand 3.30pm - 4.30pm	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand Evening Classes	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm Virtual On Demand	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm Virtual On Demand	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm Virtual On Demand	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand Evening Classes 5.30pm - 6.30pm	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm Virtual On Demand	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm Virtual On Demand	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm Virtual On Demand 3.30pm - 4.30pm	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm
Deep Water Running 25m Pool MONDAY 22-Dec-25 Morning Classes 6.10am - 7.00am Virtual RPM 9.15am-10.15am Virtual Body Pump 12.00pm - 5.00pm Virtual On Demand Evening Classes 5.30pm - 6.30pm Virtual Body Pump	6.10am - 7.00am Virtual Body Attack 9.15am -10.15am Virtual Body Balance 12.00pm - 5.00pm Virtual On Demand	WEDNESDAY 24-Dec-25 6.10am - 7.00am Virtual RPM 9.15am -10.15am Virtual Body Pump 12.00pm - 4.30pm Virtual On Demand	Deep Water Running 25m Pool THURSDAY 25-Dec-25 CHRISTMAS DAY	9.10am –10.00am Aqua Easy Hydro Pool FRIDAY 26-Dec-25 Public Holiday Operating Hours 8am-5pm 9.15am -10.15am Virtual Body Pump 12.00pm - 3.00pm Virtual On Demand 3.30pm - 4.30pm	9.15am-10.15am Virtual RPM 10.30am - 11.15am Virtual Body Balance 11.30am - 4.30pm	9.15am-10.15am Virtual RPM 10.30am-11.00am Virtual Core 11.30am - 4.30pm

Please ensure you arrive to class 5-10mins prior to start time as late arrivals may be refused entry.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29-Dec-25	30-Dec-25	31-Dec-25	1-Jan-26	2-Jan-26	3-Jan-26	4-Jan-26
	30-Dec-23	31-Dec-25	1-Jaii-20	2-Jaii-20	3-Jan-20	4-Jan-20
Morning Classes 6.10am - 7.00am	6.10am - 7.00am	6.10a m - 7.00a m		6.10a m – 7.00a m		
			Public Holiday Operating	Soft Flow Yoga		
Virtual RPM	Virtual Body Attack	Virtual RPM	Hours 8am-5pm	Studio 2		
9.15am -10.15am	9.15am -10.15am	9.15a m -10.15a m	9.15am -10.15am	6.10am - 7.00am	9.15am -10.00am	9.15a m–10.15a m
				Shapes	Body Attack	SPIN
Virtual Body Pump	Virtual Body Balance	Virtual Body Pump	Virtual Body Balance	Group Fitness Room	Group Fitness Room	Group Fitness Room
12.00pm - 5.00pm	12.00pm - 5.00pm	12.00pmpm - 3.00pm	10.30am - 3.00pm	9.15am -10.15am	10.15a m-11.00a m	Group Titiless Room
Virtual On Demand	Virtual On Demand	Virtual On Demand	Virtual On Demand	Body Pump	Shapes	
virtual on Demand	Viitual Oil Dellialiu	Virtual Oil Dellialia	Virtual Oil Dellialiu	Group Fitness Room	Group Fitness Room	
		3.30pm - 4.30pm	3.30pm - 4.30pm	10.30am - 11.30am	10.15a m-11.15a m	
		Virtual Body Pump	Virtual Body Balance	Pilates	YIN YOGA	
		Viituai Bouy rump	Viitual Body Balance	Studio 2	Studio 2	
Evening Classes				310010 2	314410 2	
5.30pm - 6.30pm	5.30pm - 6.30pm			5.30pm - 6.30pm	11.30am -4.30pm	11.30am -4.30pm
Virtual Body Pump		Facility Closing at	Facility Closing at 5pm	Shapes	Virtual On Demand	Virtual On Demand
viituai Bouy Pullip	Virtual Body Balance	5pm	racincy closing at 5pm	Group Fitness Room	Virtual Oil Dellialiu	virtual on Demand
Aquatic Classes				Group i tiness noom		
quarte_classes				7.00a m – 7.50a m		
				Deep Water		
				Running		
				25m Pool		
				9.10a m –10.00a m		
				Aqua Easy		
				Hydro Pool		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-Jan-26	6-Jan-26	7-Jan-26	8-Jan-26	9-Jan-26	10-Jan-26	11-Jan-26
Morning Classes						
6.10am - 7.00am	6.10am - 7.00am	6.10am - 7.00am	6.10am - 7.00am	6.10a m — 7.00a m		
Virtual RPM	Burn	Spin	FitCIRCUIT	Soft Flow Yoga		
	Group Fitness Room	Group Fitness Room	Group Fitness Room	Studio 2		
9.15am -10.15am	9.15am -10.15am	9.15a m -10.15a m	9.15am -10.15am	6.10am - 7.00am	9.15am -10.00am	9.15a m–10.15a m
Body Pump	Body Balance	Body Pump	Body Balance	Shapes	Body Attack	SPIN
Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room
		10.30am - 11.15am		9.15a m -10.15a m	10.15a m-11.00a m	
		Pilates		Body Pump	Shapes	
		Studio 2		Group Fitness Room	Group Fitness Room	
				10.30am - 11.30am	10.15a m-11.15a m	
				Pilates	YIN YOGA	
				Studio 2	Studio 2	
Evening Classes						
4.30pm - 5.15pm	4.30pm - 5.15pm	4.30pm-5.30pm	4.30pm - 5.30pm			
Shapes	Pilates	Les Mills Hatha Yoga	Les Mills Yin Yoga			
Group Fitness Room	Studio 2	Studio 2	Studio 2			
5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.15pm - 5.45pm	5.30pm - 6.30pm		
Body Pump	Body Balance	Virtual Body Pump	Shapes	Shapes	11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand
Group Fitness Room	Group Fitness Room		Group Fitness Room	Group Fitness Room		Semana
			6.00pm - 7.00pm			
			RPM			
			Group Fitness Room			
Aquatic Classes						
7.00am – 7.50am	9.10am –10.00am	7.00a m — 7.50a m		7.00a m — 7.50a m		
Deep Water	Aqua Easy	Deep Water		Deep Water		
Running	Hydro Pool	Running		Running		
25m Pool		25m Pool		25m Pool		
6.30pm - 7.20pm			6.30pm - 7.20pm	9.10a m –10.00a m		
Deep Water			Deep Water	Aqua Easy		
Running						
Rullillig			Running	Hydro Pool		
25m Pool			Running 25m Pool	Hydro Pool		

Please ensure you arrive to class 5-10mins prior to start time as late arrivals may be refused entry.

			•			racea entry.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12-Jan-26	13-Jan-26	14-Jan-26	15-Jan-26	16-Jan-26	17-Jan-26	18-Jan-26
Morning Classes						
6.10am - 7.00am	6.10am - 7.00am	6.10a m - 7.00a m	6.10am - 7.00am	6.10am – 7.00am		
Virtual RPM	TB50	RPM	FitCIRCUIT	Soft Flow Yoga		
VIII COOT IN IVI	Group Fitness Room	Group Fitness Room	Group Fitness Room	Studio 2		
9.15am -10.15am	9.15am -10.15am	9.15am -10.15am	9.15am -10.15am	6.10am - 7.00am	9.15a m -10.00a m	9.15a m-10.15a m
Body Pump	Body Balance	Body Pump	Body Balance	Shapes	Body Attack	SPIN
Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room
		10.30am - 11.15am		9.15am -10.15am	10.15a m-11.00a m	
		Pilates		Body Pump	Shapes	
		Studio 2		Group Fitness Room	Group Fitness Room	
				10.30am - 11.30am	10.15a m-11.15a m	
				Pilates	YIN YOGA	
				Studio 2	Studio 2	
Evening Classes						
4.30pm - 5.15pm	4.30pm - 5.15pm	4.30pm-5.30pm	4.30pm - 5.30pm			
Shapes	Pilates	Les Mills Hatha Yoga	Les Mills Yin Yoga			
		_				
Group Fitness Room	Studio 2	Studio 2	Studio 2			
5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.15pm - 5.45pm	5.30pm - 6.30pm	11.30am - 4.30pm	11.00a m - 4.30pm
Body Pump	Body Balance	Body Pump	Core	Shapes	Virtual On Demand	Virtual On Demand
Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room	Group Fitness Room		
5.30pm - 6.30pm			6.00pm - 7.00pm			
SoftFlow Yoga			RPM			
Studio 2			Group Fitness Room			
Aquatic Classes						
7.00a m - 7.50a m	9.10am –10.00am	7.00a m – 7.50a m		7.00am – 7.50am		
Deep Water		Deep Water				
·	Aqua Easy	•		Deep Water		
Running	Hydro Pool	Running		Running		
25m Pool		25m Pool		25m Pool		
6.30pm - 7.20pm			6.30pm - 7.20pm	9.10am –10.00am		
Deep Water			Deep Water	Aqua Easy		
Running			Running	Hydro Pool		
25m Pool			25m Pool			
23111 1 001			25111 P001			
25111 1 001			25111 P001			
	THESDAY	WEDNESDAY		FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY 19-Jan-26	TUESDAY 20-Jan-26	WEDNESDAY 21-Jan-26		FRIDAY 23-Jan-26	SATURDAY 24-Jan-26	SUNDAY 25-Jan-26
MONDAY 19-Jan-26 Morning Classes	20-Jan-26	21-Jan-26	THURSDAY 22-Jan-26	23-Jan-26		
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am	20-Jan-26 6.10am - 7.00am	21-Jan-26 6.10am - 7.00am	THURSDAY 22-Jan-26 6.10am - 7.00am	23-Jan-26 6.10am – 7.00am		
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM	20-Jan-26 6.10am - 7.00am TB50	21-Jan-26 6.10am - 7.00am RPM	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT	23-Jan-26 6.10am – 7.00am Soft Flow Yoga		
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am	20-Jan-26 6.10am - 7.00am	21-Jan-26 6.10am - 7.00am	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room	23-Jan-26 6.10am – 7.00am Soft Flow Yoga Studio 2	24-Jan-26	25-Jan-26
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM	20-Jan-26 6.10am - 7.00am TB50	21-Jan-26 6.10am - 7.00am RPM	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT	23-Jan-26 6.10am – 7.00am Soft Flow Yoga		
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room	21-Jan-26 6.10am - 7.00am RPM Group Fitness Room	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room	23-Jan-26 6.10am – 7.00am Soft Flow Yoga Studio 2	24-Jan-26	25-Jan-26
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am	21-Jan-26 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am	23-Jan-26 6.10am – 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am	24-Jan-26 9.15am -10.00am	25-Jan-26 9.15am-10.15am
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am Body Balance	21-Jan-26 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am Body Balance	23-Jan-26 6.10am - 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am Shapes	9.15am -10.00am Body Attack	9.15am-10.15am SPIN
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am Body Balance	21-Jan-26 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am Body Balance	23-Jan-26 6.10am – 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am-10.15am SPIN
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am Body Balance	21-Jan-26 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room 10.30am - 11.15am	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am Body Balance	23-Jan-26 6.10am - 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am Shapes Group Fitness Room 9.15am -10.15am Body Pump	9.15am -10.00am Body Attack Group Fitness Room 10.15am-11.00am Shapes	9.15am-10.15am SPIN
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MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room Fitness Room 5.30pm - 5.15pm Shapes Group Fitness Room 5.30pm - 6.30pm Body Pump Group Fitness Room 5.30pm - 6.30pm SoftFlow Yoga Studio 2 Aquatic Classes 7.00am - 7.50am Deep Water Running 25m Pool 6.30pm - 7.20pm Deep Water	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am Body Balance Group Fitness Room 4.30pm - 5.15pm Pilates Studio 2 5.30pm - 6.30pm Body Balance Group Fitness Room 5.30pm - 6.30pm Yin Yoga Studio 2 9.10am -10.00am Aqua Easy	2.1-Jan-2.6 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room 10.30am - 11.15am Pilates Studio 2 4.30pm-5.30pm Les Mills Hatha Yoga Studio 2 5.30pm - 6.30pm Body Pump Group Fitness Room 7.00am - 7.50am Deep Water Running	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am Body Balance Group Fitness Room 4.30pm - 5.30pm Les Mills Yin Yoga Studio 2 5.15pm - 5.45pm Core Group Fitness Room 6.00pm - 7.00pm RPM Group Fitness Room 6.30pm - 7.20pm Deep Water	6.10am - 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am Shapes Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room 10.30am - 11.30am Pilates Studio 2 5.30pm - 6.30pm Shapes Group Fitness Room 7.00am - 7.50am Deep Water Running 25m Pool 9.10am -10.00am Aqua Easy	9.15am -10.00am Body Attack Group Fitness Room 10.15am-11.00am Shapes Group Fitness Room 10.15am-11.15am YIN YOGA Studio 2	9.15am–10.15am SPIN Group Fitness Room
MONDAY 19-Jan-26 Morning Classes 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room Froup Fitness Room 5.30pm - 6.30pm Body Pump Group Fitness Room 5.30pm - 6.30pm SoftFlow Yoga Studio 2 Aquatic Classes 7.00am - 7.50am Deep Water Running 25m Pool 6.30pm - 7.20pm	20-Jan-26 6.10am - 7.00am TB50 Group Fitness Room 9.15am -10.15am Body Balance Group Fitness Room 4.30pm - 5.15pm Pilates Studio 2 5.30pm - 6.30pm Body Balance Group Fitness Room 5.30pm - 6.30pm Yin Yoga Studio 2 9.10am -10.00am Aqua Easy	2.1-Jan-2.6 6.10am - 7.00am RPM Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room 10.30am - 11.15am Pilates Studio 2 4.30pm-5.30pm Les Mills Hatha Yoga Studio 2 5.30pm - 6.30pm Body Pump Group Fitness Room 7.00am - 7.50am Deep Water Running	THURSDAY 22-Jan-26 6.10am - 7.00am FitCIRCUIT Group Fitness Room 9.15am -10.15am Body Balance Group Fitness Room 4.30pm - 5.30pm Les Mills Yin Yoga Studio 2 5.15pm - 5.45pm Core Group Fitness Room 6.00pm - 7.00pm RPM Group Fitness Room	6.10am - 7.00am Soft Flow Yoga Studio 2 6.10am - 7.00am Shapes Group Fitness Room 9.15am -10.15am Body Pump Group Fitness Room 10.30am - 11.30am Pilates Studio 2 5.30pm - 6.30pm Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room 10.15am-11.00am Shapes Group Fitness Room 10.15am-11.15am YIN YOGA Studio 2	9.15am–10.15am SPIN Group Fitness Room

IMPORTANT PARTICIPATION INFORMATION - Relevant for all wet, dry & virtual classes:

- · Participants must be aged 16 years or older. Persons aged 13-15 may participate providing they are accompanied by a responsible person 16 years or older. Persons aged 13-15 are not permitted to participate in BodyPump or Boxing classes due to safety reasons.
- Participants are required to check in for their class via customer service at least 5-10 mins prior to the class starting time and collect a class ticket.
- Participants must be prepared to commence at the scheduled starting time to avoid being locked out of class.
- · Late arrivals will not be permitted to enter the class once the door is closed and class has started. This is for the safety of all participants.
- During peak periods parking can be limited, please allow additional time to avoid missing out on your class.
- Please bring a towel and drink bottle. Personal yoga mats are also highly encouraged for dry classes.
- · Classes are suitable for all levels of fitness however it is strongly recommended you seek medical advice before starting an exercise program.
- · Attending Virtual classes is at the participants own risk. Please ensure you follow directions regarding equipment selection and use. If you have concerns regarding equipment set up or health & safety, it is highly recommended you participate in a class that is instructed by an instructor until you become familiar with the program.
- In the event of last-minute class changes or cancellations, Aqua Energy will advise via Facebook or in-house notices. Members may receive an sms.
- All classes timetabled and or substituted are subject to instructor and space availability.
- Please do not attend if you are unwell, experiencing signs of sickness or have been in contact with someone diagnosed or suspected of having COVID 19

AQUA EASY

A gentle warm water aqua aerobics experience in our Hydrotherapy pool. Suitable for people with joint mobility difficulties.

LesMills

High Energy aerobics class with moves that cater for total beginners to total addicts. Athletic movement & strength exercises combined to challenge you in a good way.

LesMills

BODYBALANCE

New generation yoga class that builds flexibility & strength through a series of simple yoga moves with elements of Tai Chi & Pilates

LesMills **BODYCOMBAT**

Punch & kick your way to fitness! This high-energy non-contact martial-arts inspired workout is addictive with no complex moves to master. You'll release stress, have a blast & feel like a champ.

LesMills

BODYPUMPOne of the world's fastest ways to get in shape. Using low weight loads & high repetitions it burns fat & calories, gains strength & quickly produces lean body muscle conditioning.

BURN

Each Burn workout has you moving your body through intervals, plyometric movements, speed work, and full body cardio, all to the beat of your favourite music! In this 45-minute class, you will be moving through every plane of movement, running, jumping, and feeling like you're having a dance party, all whilst getting super fit!

CORE

A scientific core workout for core tone & sports performance. With resistance tubes, weight plates & body weight exercises like crunches, hovers. hip, butt & lower back exercises, build strength, stability & endurance in the muscles that support your core, improve balance, & assist injury prevention.

DANCE

A high-energy workout that will challenge & move you incorporating innovative dance movements that work cohesively with progressive music inspired by global dance genres. Is fantastic for anyone who wants to improve their dance skills while getting fit, or for anyone who loves to dance.

DEEP WATER RUNNING

The sensation of running and exercising while suspended in the water! Using a flotation belt and various equipment, this class delivers excellent cardio and muscle-conditioning benefits-in an environment that reduces the impact stress typically associated with land-based exercise.

FITCIRCUIT

An all over body workout & cardio kick. This class brings some of the old classic exercises back with a modern-day twist. Participants must provide their own inner gloves for boxing activities. Inner gloves available for purchase at Customer Service for \$1.50.

HATHA YOGA

A gentle, grounding practice led by an experienced, continually trained teacher in a safe, supportive space. Explore strength, balance, & flexibility at your own pace. Move with intention & hold postures with both effort & softness, staving aware of your breath, body, & the present moment. Each posture builds stability, releases tension & cultivates inner clarity. This practice helps reduce stress, improve concentration, & foster a sense of calm. It supports both body & mind, complementing more dynamic yoga styles or offering a steady, restorative balance. Participants are encouraged to bring their own mats, blocks, & bolsters for comfort.

PILATES

Utilising resistance & focusing on lengthening & strengthening the muscles to produce long, lean strong overall tone. Suitable for all levels of ability & experience looking for improvement in alignment & postural correction along with a general feeling of wellbeing.

LesMills Shapes

Combining elements of Pilates, barre & power yoga, while offering a low-impact, high-intensity workout, this program will use small, controlled movements & repetition to isolate muscles, sculpt & strengthening all areas of the body.

LesMills

An indoor cycling workout where you control the intensity. It's fun, & low impact. Take on hills, flats, mountain peaks, time trials, & interval training & discover your athlete within - sweat & burn to reach your endorphin high.



Blending traditional Hatha practice with modern guidance & uplifting music, each class unlocks a unique state of being with a steady state of strength & control. Move with precision through slower sequences that build body awareness & keep you present. Participants are encouraged to bring their own mats, blocks & bolsters to suit their own personal comfort.

yoga

Blending traditional Yin practice with modern guidance & uplifting music, each class unlocks a unique state of being while you settle into long-held poses that release tension, calm the nervous system & gently reset the body & mind. Participants are encouraged to bring their own mats, blocks & bolsters to suit their own personal comfort.

Sprint

30-minute HIIT workout using an indoor bike to achieve results fast. A short, intense style of training pushing your physical & mental limits. A high intensity, low impact workout, scientifically proven to return rapid results.

SOFT FLOW YOGA

Suitable for people 50+ years of age, people with high blood pressure & pregnant women. Very gentle no strong movements or inversions.

SPIN

Freestyle indoor cycling workout designed to provide you with the optimum in fat burning. Simulating various terrain & other drills to give you a great interval workout.

TB = Total Body workout, 50 or 30 indicates session duration in mins. Designed to improve strength, cardiovascular fitness & build lean muscle. This workout uses barbell, weight plate & bodyweight exercises to give your body the ultimate total workout.

YIN YOGA

This deeply grounding, meditative class offers a freestyle approach guided by a highly experienced teacher with over 2000 hours of training experience. Focusing on connective tissues & energy pathways, it encourages stillness, introspection, & the gradual release of deep tension. Postures are held to explore sensation, breath, & subtle body awareness. Drawing on Yin principles with advanced insight into mental & emotional patterns, it's ideal for complementing dynamic practices, supporting recovery, or exploring a quieter, contemplative yoga journey. Participants are encouraged to bring their own mats, blocks & bolsters to suit their own personal comfort.

VIRTUAL ON DEMAND ** BOOKINGS ESSENTIAL**

Call 51423700 to make a booking. Choose from the Les Mills programs listed

(excluding Pilates & Shapes), contact Customer Service, & book a time within the allocated timeslots. Bookings are subject to time slot availability.

On Demand bookings are not private bookings. All members & guests are welcome to attend classes that have been booked by other users.

Please advise if you wish to cancel your booking so the timeslot may be made available to other users.