

# GROUP FITNESS TIMETABLE

Effective 15<sup>th</sup> December 2025 to 25<sup>th</sup> 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 RPM Group Fitness Room	6.10am - 7.00am TB50 Group Fitness Room	6.10am - 7.00am RPM Group Fitness Room	6.10am - 7.00am FitCIRCUIT Group Fitness Room	6.10am – 7.00am Soft Flow Yoga Studio 2	9.00am - 10.00am Hatha Yoga Studio 2	
9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am–10.15am SPIN Group Fitness Room
		10.30am - 11.15am Pilates Studio 2		9.15am -10.15am Body Pump Group Fitness Room	10.15am-11.00am Shapes Group Fitness Room	
				10.30am - 11.30am Pilates Studio 2	10.15am-11.15am YIN YOGA Studio 2	
Evening Classes						
4.30pm - 5.15pm Shapes Group Fitness Room	4.30pm - 5.15pm Pilates Studio 2	4.30pm-5.30pm Hatha Yoga Studio 2	4.30pm - 5.30pm Yin Yoga Studio 2		11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand
5.30pm - 6.30pm Body Pump Group Fitness Room	5.30pm - 6.30pm Yin Yoga Studio 2	5.30pm - 6.30pm Body Pump Group Fitness Room	5.15pm - 5.45pm Core Group Fitness Room	5.30pm - 6.30pm Shapes Group Fitness Room		
5.30pm - 6.30pm SoftFlow Yoga Studio 2	5.30pm - 6.30pm Body Balance Group Fitness Room		6.00pm - 7.00pm RPM Group Fitness Room			
Aquatic Classes						
7.00am – 7.50am Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool	7.00am – 7.50am Deep Water Running 25m Pool		7.00am – 7.50am Deep Water Running 25m Pool		
6.30pm - 7.20pm Deep Water Running 25m Pool			6.30pm - 7.20pm Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22-Dec-25	23-Dec-25	24-Dec-25	25-Dec-25	26-Dec-25	27-Dec-25	28-Dec-25
Morning Classes						
6.10am - 7.00am Virtual RPM	6.10am - 7.00am Virtual Body Attack	6.10am - 7.00am Virtual RPM	CHRISTMAS DAY Facility Closed	Public Holiday Operating Hours 8am-5pm	9.15am-10.15am Virtual RPM	9.15am-10.15am Virtual RPM
9.15am-10.15am Virtual Body Pump	9.15am -10.15am Virtual Body Balance	9.15am -10.15am Virtual Body Pump		9.15am -10.15am Virtual Body Pump	10.30am - 11.15am Virtual Body Balance	10.30am-11.00am Virtual Core
12.00pm - 5.00pm Virtual On Demand	12.00pm - 5.00pm Virtual On Demand	12.00pm - 4.30pm Virtual On Demand		12.00pm - 3.00pm Virtual On Demand	11.30am - 4.30pm Virtual On Demand	11.30am - 4.30pm Virtual On Demand
Evening Classes						
5.30pm - 6.30pm Virtual Body Pump	5.30pm - 6.30pm Virtual Body Balance	Facility Closing at 5pm		3.30pm - 4.30pm Virtual Body Balance		
Aquatic Classes						
No Aqua classes this week						

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	
Morning Classes							
6.10am - 7.00am Virtual RPM	6.10am - 7.00am Virtual Body Attack	6.10am - 7.00am Virtual RPM	Public Holiday Operating Hours 8am-5pm	6.10am – 7.00am Soft Flow Yoga Studio 2			
9.15am -10.15am Virtual Body Pump	9.15am -10.15am Virtual Body Balance	9.15am -10.15am Virtual Body Pump		9.15am -10.15am Virtual Body Balance	6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am–10.15am SPIN Group Fitness Room
12.00pm - 5.00pm Virtual On Demand	12.00pm - 5.00pm Virtual On Demand	12.00pmpm - 3.00pm Virtual On Demand		10.30am - 3.00pm Virtual On Demand	9.15am -10.15a m Body Pump Group Fitness Room	10.15am-11.00am Shapes Group Fitness Room	
		3.30pm - 4.30pm Virtual Body Pump		3.30pm - 4.30pm Virtual Body Balance	10.30am - 11.30am Pilates Studio 2	10.15am-11.15am YIN YOGA Studio 2	
Evening Classes							
5.30pm - 6.30pm Virtual Body Pump	5.30pm - 6.30pm Virtual Body Balance	Facility Closing at 5pm	Facility Closing at 5pm	5.30pm - 6.30pm Shapes Group Fitness Room	11.30am -4.30pm Virtual On Demand	11.30am -4.30pm Virtual On Demand	
Aquatic Classes							
				7.00am – 7.50am Deep Water Running 25m Pool			
				9.10am –10.00am 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 Virtual RPM	6.10am - 7.00am Burn Group Fitness Room	6.10am - 7.00am Spin Group Fitness Room	6.10am - 7.00am FitCIRCUIT Group Fitness Room	6.10am – 7.00am Soft Flow Yoga Studio 2			
9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am–10.15am SPIN Group Fitness Room	
		10.30am - 11.15am Pilates Studio 2		9.15am -10.15am Body Pump Group Fitness Room	10.15am-11.00am Shapes Group Fitness Room		
				10.30am - 11.30am Pilates Studio 2	10.15am-11.15am YIN YOGA Studio 2		
Evening Classes							
4.30pm - 5.15pm Shapes Group Fitness Room	4.30pm - 5.15pm Pilates Studio 2	4.30pm-5.30pm Les Mills Hatha Yoga Studio 2	4.30pm - 5.30pm Les Mills Yin Yoga Studio 2		11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand	
5.30pm - 6.30pm Body Pump Group Fitness Room	5.30pm - 6.30pm Body Balance Group Fitness Room	5.30pm - 6.30pm Virtual Body Pump	5.15pm - 5.45pm Shapes Group Fitness Room	5.30pm - 6.30pm Shapes Group Fitness Room			
			6.00pm - 7.00pm RPM Group Fitness Room				
Aquatic Classes							
7.00am – 7.50am Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool	7.00am – 7.50am Deep Water Running 25m Pool		7.00am – 7.50am Deep Water Running 25m Pool			
6.30pm - 7.20pm Deep Water Running 25m Pool			6.30pm - 7.20pm Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool			

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
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 Virtual RPM Group Fitness Room	6.10am - 7.00am TB50 Group Fitness Room	6.10am - 7.00am RPM Group Fitness Room	6.10am - 7.00am FitCIRCUIT Group Fitness Room	6.10am – 7.00am Soft Flow Yoga Studio 2		
9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am–10.15am SPIN Group Fitness Room
		10.30am - 11.15am Pilates Studio 2		9.15am -10.15am Body Pump Group Fitness Room	10.15am-11.00am Shapes Group Fitness Room	
				10.30am - 11.30am Pilates Studio 2	10.15am-11.15am YIN YOGA Studio 2	
Evening Classes						
4.30pm - 5.15pm Shapes Group Fitness Room	4.30pm - 5.15pm Pilates Studio 2	4.30pm-5.30pm Les Mills Hatha Yoga Studio 2	4.30pm - 5.30pm Les Mills Yin Yoga Studio 2		11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand
5.30pm - 6.30pm Body Pump Group Fitness Room	5.30pm - 6.30pm Body Balance Group Fitness Room	5.30pm - 6.30pm Body Pump Group Fitness Room	5.15pm - 5.45pm Core Group Fitness Room	5.30pm - 6.30pm Shapes Group Fitness Room		
5.30pm - 6.30pm SoftFlow Yoga Studio 2			6.00pm - 7.00pm RPM Group Fitness Room			
Aquatic Classes						
7.00am – 7.50am Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool	7.00am – 7.50am Deep Water Running 25m Pool		7.00am – 7.50am Deep Water Running 25m Pool		
6.30pm - 7.20pm Deep Water Running 25m Pool			6.30pm - 7.20pm Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19-Jan-26	20-Jan-26	21-Jan-26	22-Jan-26	23-Jan-26	24-Jan-26	25-Jan-26
Morning Classes						
6.10am - 7.00am RPM Group Fitness Room	6.10am - 7.00am TB50 Group Fitness Room	6.10am - 7.00am RPM Group Fitness Room	6.10am - 7.00am FitCIRCUIT Group Fitness Room	6.10am – 7.00am Soft Flow Yoga Studio 2		
9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	9.15am -10.15am Body Pump Group Fitness Room	9.15am -10.15am Body Balance Group Fitness Room	6.10am - 7.00am Shapes Group Fitness Room	9.15am -10.00am Body Attack Group Fitness Room	9.15am–10.15am SPIN Group Fitness Room
		10.30am - 11.15am Pilates Studio 2		9.15am -10.15am Body Pump Group Fitness Room	10.15am-11.00am Shapes Group Fitness Room	
				10.30am - 11.30am Pilates Studio 2	10.15am-11.15am YIN YOGA Studio 2	
Evening Classes						
4.30pm - 5.15pm Shapes Group Fitness Room	4.30pm - 5.15pm Pilates Studio 2	4.30pm-5.30pm Les Mills Hatha Yoga Studio 2	4.30pm - 5.30pm Les Mills Yin Yoga Studio 2		11.30am - 4.30pm Virtual On Demand	11.00am - 4.30pm Virtual On Demand
5.30pm - 6.30pm Body Pump Group Fitness Room	5.30pm - 6.30pm Body Balance Group Fitness Room	5.30pm - 6.30pm Body Pump Group Fitness Room	5.15pm - 5.45pm Core Group Fitness Room	5.30pm - 6.30pm Shapes Group Fitness Room		
5.30pm - 6.30pm SoftFlow Yoga Studio 2	5.30pm - 6.30pm Yin Yoga Studio 2		6.00pm - 7.00pm RPM Group Fitness Room			
Aquatic Classes						
7.00am – 7.50am Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool	7.00am – 7.50am Deep Water Running 25m Pool		7.00am – 7.50am Deep Water Running 25m Pool		
6.30pm - 7.20pm Deep Water Running 25m Pool			6.30pm - 7.20pm Deep Water Running 25m Pool	9.10am –10.00am Aqua Easy Hydro Pool		

## 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.

### LES MILLS BODYATTACK

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.

### LES MILLS BODYBALANCE

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

### LES MILLS 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.

### LES MILLS BODYPUMP

One 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!

### LES MILLS 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.

### LES MILLS 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, staying 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.

### LES MILLS 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.

### LES MILLS 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.

### LES MILLS RPM

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.

### LES MILLS yoga

HATHA

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.

### LES MILLS yoga

YIN

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.

### LES MILLS 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.

### TB50

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.**