

CLASS DESCRIPTIONS

AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.
LES MILLS BODYATTACK	BODY ATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
LES MILLS BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories and is suitable for all fitness levels.
LES MILLS BODYBALANCE	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi and meditation. This class helps to lengthen muscle, release tension and leave you with an overall sense of balance and calm.
LES MILLS BODYPUMP	Pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Definitely suitable for all ages and fitness levels.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
DANCEFIT	Dance Fitness is a 1 hour choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!
FIT AND FABULOUS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
KB MAX	A 30 minute full body workout with kettlebells designed to get your heart pumping!
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
PWRX	A 30 minute power workout aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of barbells and dumbbells.
Reformer Pilates	A beginner-friendly, educational reformer class where you learn the basics at a steady pace. Build foundational core strength, improve your posture and gain the confidence to use the reformers on your own.
SPIN	An indoor cycling class set to the rhythm of motivating music.
YOGA	Combination of gentle movement/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic and effective fitness system. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYPUMP	PILATES	LES MILLS BODYATTACK		
6:30 AM	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	PILATES		
8:00 AM						LES MILLS BODYPUMP	
9:00 AM						LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
9:15 AM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYCOMBAT		
10:00 AM						LES MILLS BODYBALANCE	YOGA
10:30 AM	YOGA	ZUMBA	PILATES	YOGA	LES MILLS BODYBALANCE		
11:00 AM						ZUMBA	PILATES
12:00 PM	FIT AND FABULOUS		FIT AND FABULOUS		FIT AND FABULOUS		
5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYATTACK	LES MILLS BODYPUMP		
6:30 PM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	CARDIO BOXING	DANCEFIT	ZUMBA		
7:30 PM	PILATES	CARDIO BOXING	LES MILLS BODYBALANCE	PILATES			

SPIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	SPIN	SPIN	SPIN	SPIN	SPIN		
8:00 AM						SPIN	
9:00 AM	SPIN	SPIN	SPIN	SPIN		SPIN	
5:30 PM	SPIN		SPIN		SPIN		
6:00 PM		SPIN		SPIN			
6:30 PM	SPIN		SPIN				

PROGRAM POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM		AQUA		AQUA		AQUA	AQUA
8:00 AM	AQUA		AQUA		AQUA		
12:30 PM	AQUA		AQUA				
7:00 PM		AQUA	AQUA				



Up to 3 minutes after class starts
Last chance to get a ticket.



Entry 5 minutes after the class starts is
NOT PERMITTED.

VIRTUAL REFORMER STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Reformer Pilates		Reformer Pilates				
6:30 AM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			
7:00 AM		Reformer Pilates		Reformer Pilates			
8:30 AM						Reformer Pilates	
9:00 AM						Reformer Pilates	
9:30 AM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	
9:45 AM						Reformer Pilates	
10:00 AM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			
6:00 PM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			
6:30 PM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			

FUNCTIONAL ZONE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	FX30	KB MAX	FX30	PWR	FX30		
7:00 AM	FX30	FX30	FX30	FX30	FX30	FX30	
8:30 AM						FX30	FX30
9:15 AM						KB MAX	PWR
9:30 AM	FX30	PWR	FX30	KB MAX	FX30		
12:30 PM	FX30	FX30	KB MAX				
5:30 PM	FX30	FX30	PWR	FX30	PWR		
6:00 PM	PWR	FX30	FX30	FX30			
6:30 PM	FX30	PWR	FX30	KB MAX			



Keep up to date with the latest timetable!

Scan the code to view the most up to date version of the timetable. Members can also book into our classes up to 7 days in advance via the BlueFit Health Club app. Due to instructor availability classes are subject to change without notice. For the most up to date timetable and opening hours please visit our website: aarc.com.au/timetable

Check out our Virtual
Reformer classes today!



Access reformer at anytime.
Scan the QR Code to find out more.