

CLASS DESCRIPTIONS

AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.
AQUA ZUMBA	A dynamic water-based fitness program that merges the upbeat rhythms of Latin and international music with traditional Zumba moves.
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!
DEEP AQUA	DEEP AQUA High intensity cardio workout with participants suspended in the water with a flotation belt.
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.
HYDROHEX	[description pending]
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.
POWERBAR	Power Bar is a low-impact workout using barbells to tone, condition, and strengthen your whole body while boosting cardiovascular fitness.
SUPER CIRCUIT	Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
STRENGTH for life 50+	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
STRENGTH for life AQUA	The Strength for Life offers individualised programs written by our Exercise Physiologists for both our gym and hydrotherapy classes, which are supervised by our accredited instructors.
YOGA	YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting 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.
VIRTUAL CLASSES	When you see this icon the class is a virtual class.

GROUP FITNESS TIMETABLE

JUL - SEP 2026



Scan the QR code to view our opening hours.

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM		FX30	YOGA	POWERBAR	FX30		
8:00 AM		STRENGTH for life 50*	STRENGTH for life 50*	STRENGTH for life 50*	STRENGTH for life 50*		
9:00 AM						POWERBAR	
10:30 AM	FX30						
11:00 AM		STRENGTH for life 50*	STRENGTH for life 50*	STRENGTH for life 50*			
12:15 PM	PILATES		DANCEFIT		PILATES		
1:30 PM		PILATES					
3:00 PM	STRENGTH for life 50*	FIT AND FABULOUS		ZUMBA fitness			
4:15 PM		YOGA	PILATES	YOGA			
5:30 PM	SUPER CIRCUIT	FX30		FX30			
6:00 PM	POWERBAR	PILATES	POWERBAR				
7:00 PM	YOGA						

POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	AQUA						
9:00 AM		AQUA		AQUA		AQUA	
10:00 AM	AQUA		AQUA	HYDROHEX CARDIO			
10:30 AM						HYDROHEX CARDIO	
11:00 AM					AQUA		
1:15 PM					STRENGTH for life 50*		
1:30 PM	AQUA ZUMBA						
2:00 PM		AQUA	AQUA	DEEP AQUA	HYDROHEX MOVE		
6:00 PM	HYDROHEX CARDIO						
6:45 PM		AQUA	HYDROHEX POWER				



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



Entry 5 minutes after the class starts is
NOT PERMITTED.



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: thepavilionwacaground.com.au/timetable