

CLASS DESCRIPTIONS

ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.
AQUASTEP	A water-based step class combining cardio and strength using a submerged platform. Step, lift and move through the water to build fitness and tone muscles while the water cushions your joints. Low impact and suitable for all levels.
BETTER BALANCE	A program designed to improve balance, stability and confidence as we age. Through gentle movement and targeted exercises, this class addresses gait and steadiness, helping you stay strong on your feet and recover quickly from a trip or slip. Suitable for all levels.
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.
FATBURNER	A great mix of aerobic exercises from low to medium intensity, focused on increasing heart rate in the fat burning zone.
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.
FLOW	A flow of balance, yoga and stretching with strength work. Expect a mix of grounding poses, mobility work and bodyweight strengthening to leave you balanced and recharged.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
HYDROHEX	An immersive, screen-guided aqua fitness workout set to energizing music. Capitalise on the natural resistance of water for a high-calorie burn that is tough on cardio but gentle on your joints. Perfect for all fitness levels.
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.
STEP & BURN	A high-energy step class that gets your heart pumping. Step, lift and sweat through fast-paced cardio to torch calories and build fitness. Suitable for all levels.
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			FLOW	POWERBAR			
8:00 AM		STRENGTH for life 50'	STRENGTH for life 50'	STRENGTH for life 50'	STRENGTH for life 50'		
9:00 AM						STEP & BURN	
11:00 AM		STRENGTH for life 50'	STRENGTH for life 50'	STRENGTH for life 50'			
12:15 PM	ABS & STRETCH		FIT AND FABULOUS		PILATES		
1:30 PM		PILATES					
3:00 PM	STRENGTH for life 50'	BETTER BALANCE			BETTER BALANCE		
4:15 PM		YOGA	PILATES	YOGA			
5:30 PM	POWERBAR	FAT BURNER		PILATES			
5:45 PM			ZUMBA fitness				

POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM							
9:00 AM		AQUA		AQUA			
9:30 AM					AQUASTEP		
10:00 AM	AQUA		AQUA	HYDROHEX CARDIO			
10:30 AM							HYDROHEX CARDIO
11:00 AM					AQUA		
12:15 PM				STRENGTH for life AQUA			
1:15 PM					STRENGTH for life AQUA		
1:30 PM	HYDROHEX BEAT						
2:00 PM		AQUA	AQUA	DEEP AQUA	HYDROHEX MOVE		
6:45 PM			AQUA				



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: fleurieaquatic.com.au/timetable