

MULTIPURPOSE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:05AM	Yoga (Gentle Flow)	Tai Chi (Advanced)	Tai Chi	Tai Chi (Beginner)	Trigger Point Therapy		
9:15AM	Yoga (Power Flow)	Yoga (Kundalini)	Yoga (Gentle Flow)	Yoga (Kundalini)		Yoga (Vinyasa)	
10:15AM						Yoga (Yin)	
10:45AM		Yoga (Chair)		Qigong			
11:30AM			Yoga (Gentle Flow)				
3:00PM							Yoga (Yin)
4:30PM				Yoga			
6:00PM	Yoga (Vinyasa)	Yoga (Power Flow)	Yoga (Hatha)	Yoga (Yin)	Yoga (Vinyasa)		
7:15PM		Yoga (Yin)		Yoga (Vinyasa)			

■ Studio allocated to Peninsula Health

CYCLE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	Sprint	Group Cycle	Spin	Spin			
7:05AM	RPM	Sprint	RPM	Sprint	RPM	RPM	
9:15AM	Group Cycle	Spin	Group Cycle	Group Cycle	Group Cycle	RPM	Spin
10:15AM	RPM					Spin	
12:15PM		RPM					RPM
5:15PM	Group Cycle	RPM	Spin	RPM	Sprint		
6:15PM	RPM	RPM	Sprint		RPM		
7:15PM	Sprint	RPM	Sprint				

■ Virtual class



DOWNLOAD THE  
ACTIVE WORLD APP  
TO BOOK YOUR  
GROUP FITNESS  
CLASSES



# GROUP FITNESS TIMETABLE

SUMMER/AUTUMN 2024  
EFFECTIVE FROM MONDAY 29 JANUARY



**YAWA.**  
AQUATIC CENTRE

Classes and instructors are subject to change.  
Always check Active World app for most up to date class schedule.

### REFORMER PILATES STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	Reformer Intro	Reformer	Reformer	Reformer	Reformer		
7:15AM	Reformer	Reformer Intermediate	Reformer	Reformer Intermediate	Reformer		
8:15AM	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer Intermediate	Reformer
9:15AM	Reformer	Reformer Intermediate	Reformer	Reformer	Reformer	Reformer	
10:15AM	Reformer Intro	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
11:15AM		Reformer		Reformer		Reformer	
12:15PM	Reformer		Reformer Intermediate	Reformer Intro	Reformer		Reformer
1:30PM		Reformer		Reformer		Reformer	
2:30PM	Reformer		Reformer		Reformer		Reformer
3:30PM		Reformer		Reformer		Reformer	
4:30PM	Reformer		Reformer		Reformer		Reformer
5:30PM	Reformer	Reformer Intro	Reformer Intermediate	Reformer	Reformer	Reformer	
6:30PM	Reformer	Reformer Intermediate	Reformer	Reformer	Reformer		
7:30PM	Reformer		Reformer		Reformer		

Reformer Introduction Virtual class

### GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump	BodyCombat	BodyPump	Core&More	Boxing		
7:10AM		BodyBalance	BodyCombat				
8:15AM	Senior Circuit	Momentum	Strength Plus	Momentum			Strength & Core
8:30AM					Zumba	BodyPump	
9:30AM	TheraTone	Core&More	BodyCombat	Pilates	Core&More	Core&More	Dance
10:30AM	Senior Circuit	SOYF	Pilates	TheraTone	Momentum		
11:30AM	SOYF	Prime Movers	SOYF	Prime Movers	SOYF	Stretch & Mobility	
12:30PM	BodyPump	Pilates		Core	BodyPump		
1:00PM			Zumba				
4:30PM	Core		BodyBalance	BodyBalance	BodyCombat		
5:30PM	Dance	BodyPump		BodyPump	BodyBalance		Core
6:30PM	Pilates	Boxing	Core&More	Meditation			
7:30PM	Core		BodyPump				

Virtual class All Access classes

### AQUA

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM	Aqua Deep	Aqua Movers	Aqua Deep	Warm Aqua	Aqua Movers	Warm Aqua	Aqua Deep
9:30AM	Aqua Movers	Aqua Deep	Aqua Deep	Aqua Movers	Aqua Zumba	Aqua Flow	Aqua Deep
10:30AM						Warm Aqua	Aqua Flow
10:45AM	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers		
11:45AM	Aqua Flow	Warm Aqua	Aqua Zumba	Aqua Deep	Aqua Flow		
6:15PM			Warm Aqua				
7:15PM		Aqua Movers	Aqua Movers	Aqua Movers			

Classes held in the Warm Water Exercise Pool

### CONNECT 30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic	Functional	Resistance	Power	Speed		
9:15AM	Aerobic	Functional	Resistance	Power	Speed	Aerobic	
12:00PM	Aerobic	Functional	Resistance	Power	Speed		
4:30PM		Teen	Teen	Teen			
6:00PM	Aerobic	Functional	Resistance	Power			

### OUTDOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM		Run Club		Run Club			



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS