



# GROUP FITNESS TIMETABLE

**SUMMER/AUTUMN 2025**  
EFFECTIVE FROM MONDAY 13 JANUARY

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

**YAWA.**  
AQUATIC CENTRE



MULTIPURPOSE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00AM					Meditation		
8:05AM	Yoga (Gentle Flow)	Tai Chi (Advanced)	Tai Chi	Tai Chi (Beginner)			
8:15AM					Trigger Point Therapy	Yoga (Vinyasa)	
9:15AM	Yoga (Power Flow)	Yoga (Kundalini)	Yoga (Gentle Flow)	Yoga (Kundalini)		Yoga (Yin)	
10:30AM		Yoga (Chair)	Trigger Point Therapy	Qigong		Meditation	
11:30AM			Yoga (Gentle Flow)	Yoga (Chair)			
12:30PM				Meditation			
4:00PM							Yoga (Yin)
4:30PM				Yoga			
6:00PM	Yoga (Vinyasa)	Yoga	Yoga (Hatha)	Yoga (Vinyasa)	Yoga (Vinyasa)		
7:15PM		Yoga (Yin)		Yoga (Yin)			

■ 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	Group Cycle
10:15AM	RPM					Spin	
5:15PM	Group Cycle	RPM	Sprint	RPM	Sprint		
6:30PM	RPM	RPM	Spin		RPM		
7:15PM	Sprint	RPM	Sprint				

■ Virtual class



**DOWNLOAD THE ACTIVE WORLD APP TO BOOK YOUR GROUP FITNESS CLASSES**

### REFORMER PILATES STUDIO

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

Virtual class All Access classes

### CONNECT 30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic	Functional	Resistance	Power	Speed		
8:30AM				Power			
9:15AM	Aerobic	Functional	Resistance	Power	Speed	Aerobic	
12:00PM	Aerobic	Functional	Resistance	Power	Speed		
4:30PM		Teen		Teen			
6:00PM	Aerobic	Functional	Resistance	Power			

### AQUA

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30AM	Aqua Movers		Aqua Movers		Aqua HIIT		
8:30AM	Aqua Deep	Aqua Movers	Aqua Deep	Warm Aqua	Aqua Movers	Warm Aqua	Aqua Deep
9:30AM	Aqua Movers	Aqua HIIT	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		
6:30PM			Warm Aqua				
7:15PM		Aqua Movers	Aqua Movers	Aqua Movers			

Classes held in the Warm Water Exercise Pool



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS