

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		
8:15AM						Yoga (Vinyasa)	
9:15AM	Yoga (Power Flow)	Yoga (Kundalini)	Yoga (Gentle Flow)	Yoga (Kundalini)		Yoga (Yin)	
10:30AM		Yoga (Chair)		Qigong		Meditation	
11:30AM			Yoga (Gentle Flow)	Yoga (Chair)			
3:00PM							Yoga (Yin)
4:30PM			Trigger Point Therapy	Yoga			
6:00PM	Yoga (Vinyasa)	Yoga (Power Flow)	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	
12:15PM		RPM					RPM
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



GROUP FITNESS TIMETABLE

AUTUMN/WINTER 2024
EFFECTIVE FROM MONDAY 29 APRIL

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

YAWA.
AQUATIC CENTRE



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 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	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		Core	BodyPump		
1:00PM			Zumba				
4:30PM	Core		BodyBalance	BodyBalance	BodyCombat		
5:30PM	Dance	BodyPump	Core&More	BodyPump	BodyBalance		Core
6:30PM	Pilates	Boxing					
7:30PM	Core		BodyPump				

Virtual class All Access classes

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	Warm Aqua			

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			
6:00PM	Aerobic	Functional	Teen Resistance	Power			



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS