



Somerville Recreation Centre's **Group Fitness Timetable**

Autumn/Winter 2026

Effective from Monday 20 April

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



**Mornington
Peninsula Shire**

Active

Book your class via the Active World app or web portal



Scan to download the app



Scan to use the web portal

Group Fitness Studio							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:10am			Pilates HIIT		Core & More		
9:00am					Zumba		
9:15am	Pilates	Core & More	CONNECT30 Cardio & Core	HIIT Strength			
10:15am	Yoga	Prime Movers	Zumba	Momentum	Body Pump		
11:15am		Agestrong	Momentum	Agestrong	Prime Movers		
12:15pm			Prime Bar	Pilates	Tai Chi		
1:15pm				Yoga (Yin)			
2:00pm		Yoga (Chair)					
3:00pm		Yogalates					
5:00pm	Zumba		Zumba				
5:30pm		Body Balance					
6:00pm	Core & More		Core & More				

 All Access

Stadium Floor							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:15am	Burn It						
10:15am	Momentum						