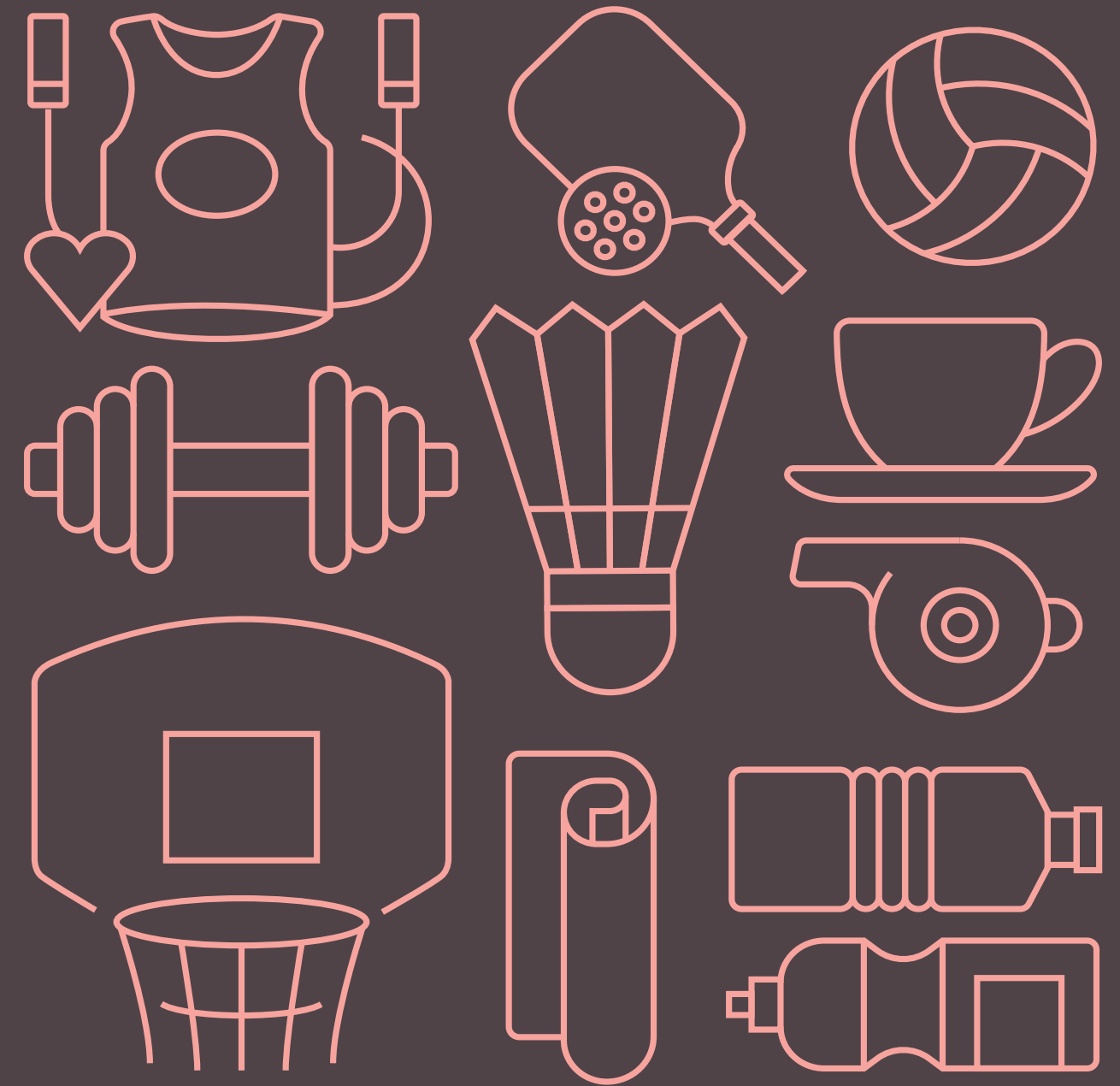




Civic Reserve Recreation Centre's **Group Fitness Timetable**

Winter/Spring 2026

Effective from Monday 27 July

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



**Mornington
Peninsula Shire**

Active

Learn more about our class descriptions and venue timetables



Scan to view class descriptions



Scan to view all of our timetables

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	Dance	Cardio Strength	Dance	Senior Circuit	Momentum		
9:00am						Dance	
9:20am	Core & More	Prime Bar	Core & More	Prime Bar	Les Mills Pilates		
10:00am						Yoga	
10:20am	Senior Circuit						
10:30am		Stretch & Strength	Tai Chi	Body Balance	Body Balance		
11:30am			Qigong		Yoga (Chair)		
1:00pm		Stay On Your Feet	Momentum	Stay On Your Feet			
2:00pm	Stay On Your Feet		Zumba Gold	Cardio Strength			
3:00pm	Momentum			Yoga (Hatha)			
4:00pm	Prime Bar		Prime Bar	Dance			
5:30pm	Pilates	Body Balance	Cardio Boxing				

All Access

CONNECT30 – Gym Floor							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:10am						Resistance	
10:30am							Functional
12:00pm	Functional	Aerobic	Resistance	Aerobic	Functional		
6:00pm	Functional	Aerobic	Resistance	Aerobic	Functional		

Stadium Floor							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:10am		Indoor Walking					