

Learn more about our class descriptions and venue timetables



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class descriptions



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of our timetables

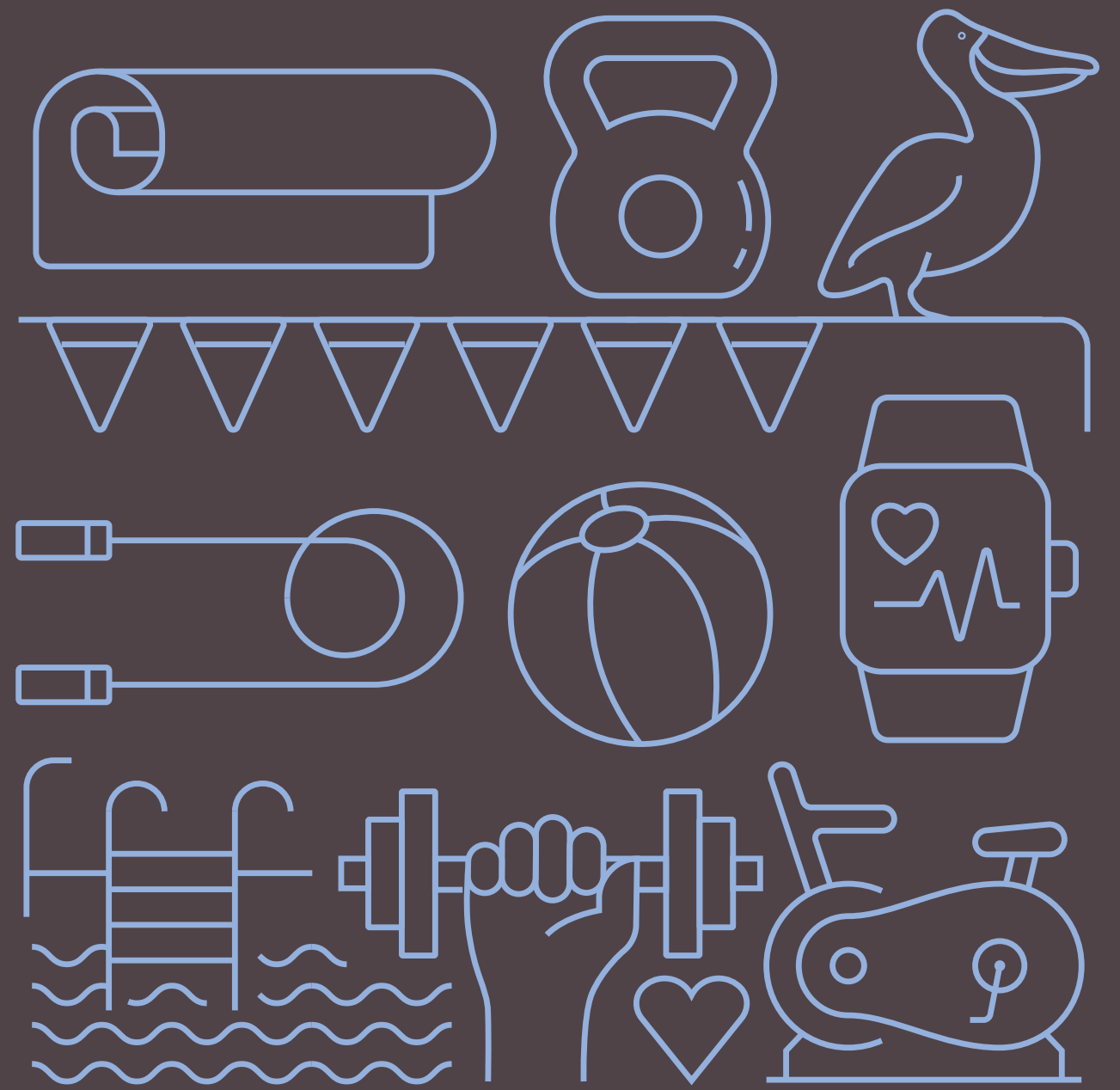
Book your class via the Active World app or web portal



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the app



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Pelican Park 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

Reformer Pilates Studio							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:10am	Reformer Hybrid	Reformer Traditional	Reformer Foundation	Reformer Traditional	Reformer Hybrid		
8:10am		Reformer Hybrid	Reformer Foundation	Reformer Hybrid	Reformer Foundation	Reformer Traditional	
9:10am	Reformer Traditional	Reformer Foundation	Reformer Traditional	Reformer Foundation	Reformer Hybrid	Reformer Traditional	
10:30am	Reformer Foundation	Reformer Traditional	Reformer Foundation	Reformer Traditional	Reformer Foundation		Reformer Traditional
3:10pm							Reformer Foundation
4:10pm		Reformer Traditional		Reformer Foundation			Reformer Traditional
5:10pm	Reformer Traditional	Reformer Foundation	Reformer Traditional	Reformer Hybrid			
6:10pm	Reformer Hybrid		Reformer Foundation				

Group Fitness Studio							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:05am	Full Body Workout	CardioBlast	Full Body Workout	HIIT Cycle	Full Body Workout		
8:30am		Momentum	Body Balance	Stretch & Strength		RPM	
9:30am	HIIT Cycle	Body Pump	Burn It	Body Pump	HIIT Cycle	Body Pump	Core & More
10:40am	Pilates	Body Balance	Pilates	Pilates	Pilates		Body Balance
11:40am	Stay On Your Feet		Stay On Your Feet				
12:40pm	Stay On Your Feet			Yoga			
4:30pm		Pilates					
5:30pm	Spin	Core & More	RPM	Body Pump			
6:30pm	Body Pump						

All Access

Aqua Aerobics							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:15am	Aqua	Aqua Zumba	Aqua Deep	Aqua	Aqua	Aqua Deep	
9:15am	Aqua Deep	Aqua Deep	Aqua	Aqua Deep	Aqua Deep		Aqua
10:15am	Aqua Bubs		Aqua Eze	Aqua	Aqua HIIT		
2:00pm	Aqua		Aqua Deep	Aqua			
6:30pm		Aqua Deep			Aqua Deep		

All Access

CONNECT30 - Gym Floor							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10:00am	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
10:45am	BeActive Longer	BeActive Longer	BeActive Longer	BeActive Longer	BeActive Longer		
6:00pm	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		