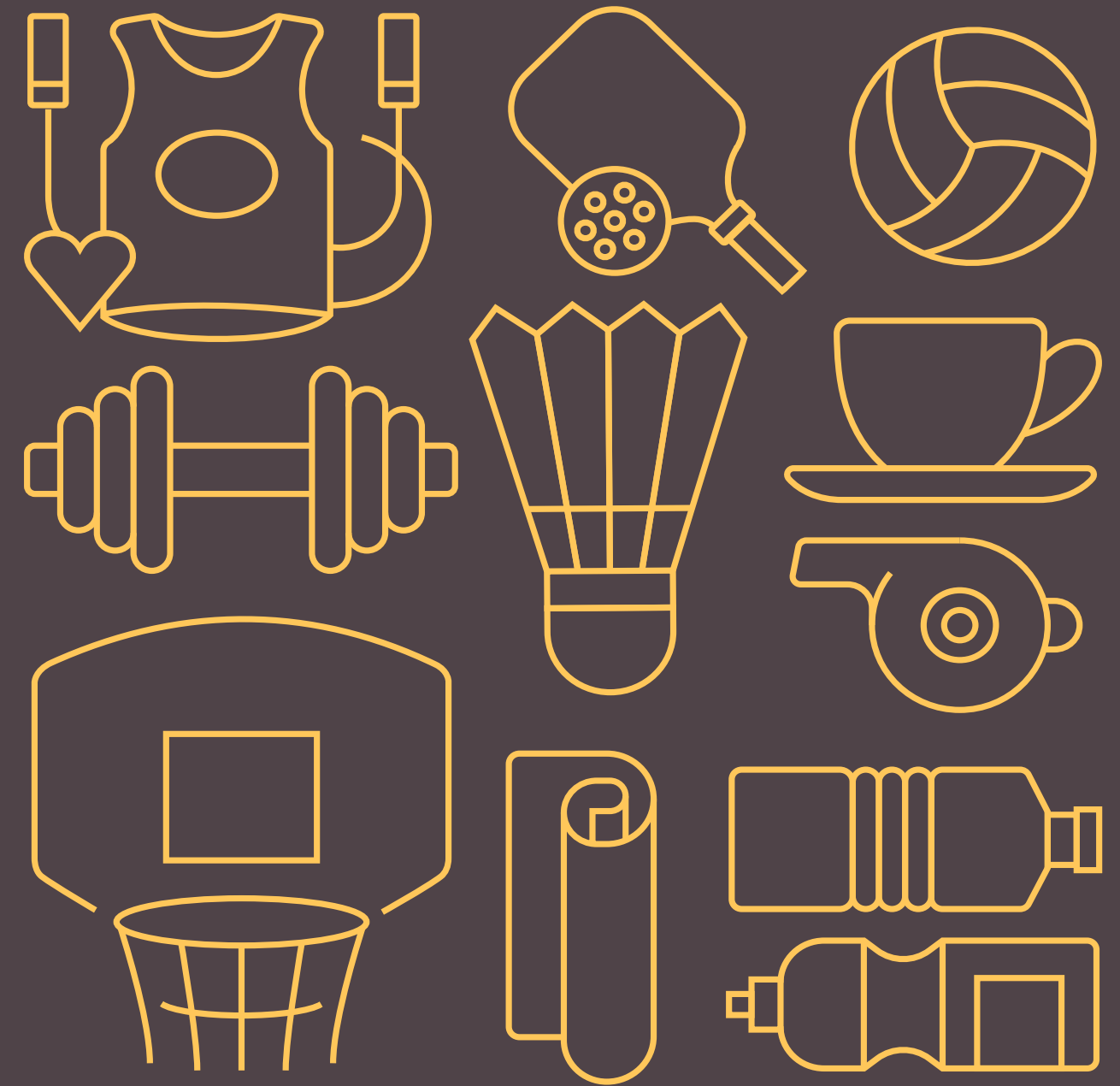




Somerville Recreation Centre's **Group Fitness Timetable**

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			Pilates HIIT		Core & More		
9:00am					Dance		
9:15am	Full Body Workout	Core & More	CONNECT30 Cardio & Core	HIIT Strength			
10:15am	Mat Pilates	Prime Movers	Dance	Momentum	Body Pump		
11:15am	Yoga	Stay On Your Feet	Momentum	Stay On Your Feet	Prime Movers		
12:15pm			Stretch & Strength	Pilates	Tai Chi		
1:00pm		Yogalates					
1:15pm				Yoga (Yin)			
2:00pm		Yoga (Chair)					
5:00pm	Dance		Dance				
5:30pm		Body Balance					
6:00pm	Core & More		Core & More				

All Access

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