

REFORMER PILATES STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	Reformer Hybrid	Reformer	Reformer Hybrid	Reformer	Reformer Hybrid		
7:15AM	Reformer Hybrid	Reformer Hybrid	Reformer Hybrid	Reformer Hybrid	Reformer Hybrid		
8:15AM	Reformer	Reformer Foundation	Reformer Foundation	Reformer Foundation	Reformer	Reformer	Reformer
9:15AM	Reformer	Reformer Hybrid	Reformer	Reformer	Reformer Foundation	Reformer	
10:15AM	Reformer	Reformer	Reformer Hybrid	Reformer	Reformer	Reformer Hybrid	Reformer
11:15AM	Reformer Foundation	Reformer		Reformer		Reformer	
12:15PM	Reformer		Reformer Foundation	Reformer	Reformer		Reformer
1:30PM		Reformer		Reformer		Reformer	
4:30PM	Reformer Hybrid	Reformer	Reformer	Reformer	Reformer		Reformer
5:30PM	Reformer Hybrid	Reformer Hybrid	Reformer	Reformer	Reformer	Reformer	
6:30PM			Reformer Foundation		Reformer		
7:30PM	Reformer		Reformer				

Virtual class

CONNECT 30 - GYM FLOOR							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic	Functional	Resistance	Power	Speed		
7:30AM		Functional			Speed	C30 Plus	
8:30AM	Aerobic		Resistance	Power		C30 Plus	
9:15AM	Aerobic	Functional	Resistance	Power	Speed		Resistance
9:30AM						C30 Plus	
12:00PM	Aerobic	Functional	Resistance	Power	Speed		
4:30PM		Teen		Teen			
6:00PM	Aerobic	Functional	Resistance	Power			



SCAN THE QR CODE
TO VIEW THE
CLASS DESCRIPTIONS



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.

YAWA.
AQUATIC CENTRE



GROUP FITNESS STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump	BodyCombat	BodyPump	Core&More	Boxing		
7:10AM		BodyBalance	BodyCombat		Pilates		
8:15AM	Pilates	Momentum	Strength Plus	Strength & Balance	Zumba	BodyPump	Strength & Core
9:30AM	Senior Circuit	Core&More	BodyPump	Pilates	Core&More	Core&More	Dance
10:30AM	Senior Circuit	Strength & Balance	Pilates	TheraTone	Momentum		
11:30AM	SOYF	Prime Movers	SOYF	Prime Movers	SOYF	Stretch & Mobility	
12:30PM	Pilates	Pilates			Strength Plus		
1:00PM			Zumba				
4:30PM	Core		BodyBalance	BodyBalance	BodyPump		
5:30PM	Dance	BodyPump	Core&More	BodyPump	Boxing		Core
6:30PM	Pilates						

Virtual class

All Access classes

CYCLE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	Spin	Group Cycle	Spin	Sprint			
7:30AM		Spin			Group Cycle	Sprint	
8:15AM	Group Cycle						
9:15AM		Spin	Group Cycle	Group Cycle	Group Cycle	RPM	Group Cycle
10:15AM			Spin			Spin	
5:15PM	Group Cycle	RPM	Sprint	RPM	Sprint		
6:30PM	RPM	RPM	Spin		RPM		

Virtual class

EXERCISE PHYSIOLOGY LED CLASSES							
For more information or to book an EP Led Class, please see reception or call us on 03 8727 8960							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
10:30AM	EP Hydro						
3:00PM	EP Oncology						

Held in the Warm Water Exercise Pool

Held in Multipurpose Studio

MULTIPURPOSE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:05AM					Yoga (Nidra)		
7:30AM	Yoga (Hatha)						
8:05AM		Yoga (Gentle Flow)	Tai Chi	Tai Chi (Beginner)		Yoga (Vinyasa)	
8:15AM					Stretch		
9:15AM		Yoga (Kundalini)	Yoga (Gentle Flow)	Qigong		Yoga (Yin)	
9:45AM	Yoga (Power Flow)						
10:30AM		Yoga (Chair)	Stretch	Yoga (Kundalini)		Meditation	
11:30AM			Yoga (Gentle Flow)	Yoga (Nidra)			Yoga (Chair)
12:30PM				Meditation			
4:00PM							Yoga (Yin)
4:30PM				Yoga			
6:00PM	Yoga (Hatha)	Yoga	Yoga (Power Flow)	Yoga (Gentle Flow)	Yoga (Gentle Flow)		
7:15PM		Yoga (Yin)	Yoga (Yin)	Yoga (Yin)			

Studio allocated to Peninsula Health

AQUA							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30AM	Aqua Movers		Aqua Movers		Aqua HIIT	Aqua Movers	
8:30AM	Aqua Deep	Aqua Movers	Aqua Deep		Aqua Movers	Warm Aqua	Aqua Deep
9:30AM	Aqua Movers	Aqua HIIT		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	Warm Aqua	Aqua Flow		
2:00PM	Aqua Movers						
7:15PM		Aqua Movers	Aqua Movers				

Classes held in the Warm Water Exercise Pool