


EASTER GROUP FITNESS Timetable

Friday 19 April - Thursday 25 April 2019

Clayton Aquatics & Health Club

GROUP FITNESS STUDIO

| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------|--|----------|------------|--------|---------------|-------------|----------|
| 8:30 AM | CENTRE CLOSED  | | | | Tai Chi | Zumba | |
| 9:30 AM | | BodyPump | BodyCombat | Yoga | Tai Chi | BodyBalance | |
| 10:30 AM | | Zumba | Yoga | | ActiveLink | | |
| 11:00 AM | | | | | | Strong4Life | |
| 11:30 AM | | | | | Zumba Gold-45 | | |
| 1:00 PM | | | | | | | BodyPump |
| 5:30 PM | | | | | | BodyCombat | BodyStep |
| 6:15 PM | | | | | | BodyStep | BodyPump |
| 7:00 PM | | | | | | BodyPump | Zumba |
| 7:45 PM | | | | | | Pilates | Yoga |


AQUA

| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---------|--------|----------|--------|--------|---------|-----------|----------|
| 8:30 AM | | | | | Aqua | | |
| 9:30 AM | | | | | Aqua | Aqua | |

We recommend individuals seek medical advice prior to participating in any physical activity. Individuals participate in Group Fitness classes at their own risk.

Oakleigh Recreation Centre

GROUP FITNESS STUDIO


| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------|---|----------|-----------------------|----------|--------------|-------------|---------------|
| 6:05 AM | CENTRE CLOSED  | | | | Cycle | | |
| 9:30 AM | | Zumba | Boxing | | Stretch4Life | SmashIIT | |
| 9:30 AM | | | | | Cycle | | |
| 10:30 AM | | | | BodyPump | Zumba | Strong4Life | BodyBalance |
| 11:30 AM | | | | | | Tai Chi | |
| 1:00 PM | | | | | | | Yoga |
| 5:30 PM | | | | | | SmashIIT-45 | Zumba |
| 6:15 PM | | | | | | BodyPump-45 | BodyCombat-45 |
| 7:00 PM | | | | | | Circuit | Yoga |
| 7:30 PM | | | Class in Cycle Studio | | | BodyBalance | |

We recommend individuals seek medical advice prior to participating in any physical activity. Individuals participate in Group Fitness classes at their own risk.

RESULTS

MARC & ORC

RESULTS Membership required.



| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------|---|----------|---------------|-----------|---------|-----------|------------|
| 6:05 AM | CENTRE CLOSED  | | | | FIT | STRONG | |
| 9:30 AM | | STRONG | | FIT | | | |
| 12:00 PM | | | | BATTLEFIT | | | |
| 12:30 PM | | | | | | BATTLEFIT | |
| 1:00 PM | | | | | | | BATTLEFIT |
| 5:30 PM | | | Class at ORC | | | BATTLEFIT | SUSPENSION |
| 6:00 PM | | | Class at MARC | | | | STRONG |

We recommend individuals seek medical advice prior to participating in any physical activity. Individuals participate in Group Fitness classes at their own risk.


Please note all classes are subject to change at short notice.

Monash Aquatic & Recreation Centre


GROUP FITNESS STUDIO 1

| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|----------|--|----------|----------|----------|--------------|-------------|------------------|-------|
| 6:05 AM |  Good Friday  CENTRE CLOSED | | | | BodyPump | SmasHIIT-45 | | |
| 8:15 AM | | | | | Pilates Gold | | | |
| 9:15 AM | | BodyStep | BodyPump | BodyPump | Zumba | BodyStep-45 | | |
| 10:15 AM | | Zumba | | | | | | |
| 10:30 AM | | | | Yoga | | Yoga | Core-30 | |
| 11:30 AM | | | | | | LandMarc | BodyPump | |
| 11:35 AM | | | | | | | BodyBalance | |
| 12:30 PM | | | | | | Pilates-45 | | |
| 1:00 PM | | | | | | | | Zumba |
| 4:45 PM | | | | | | | Active Abilities | |
| 5:30 PM | | | | | BodyAttack | Zumba | | |
| 6:30 PM | | | | | BodyStep | BodyCombat | | |
| 7:30 PM | | | | | BodyPump | Pilates | | |

GROUP FITNESS STUDIO 2

| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------|---|----------|--------|--------|---------|---------------|------------------|
| 6:05 AM |  CENTRE CLOSED | | | | Cycle | | |
| 8:30 AM | | | | | | ActiveLink | |
| 9:05 AM | | RPM | | | | | |
| 9:30 AM | | | | | | Strong4Life | ActiveLink |
| 10:30 AM | | | | | | Cycle Express | |
| 11:30 AM | | | | | | | Mums & Bubs Yoga |
| 6:15 PM | | | | | | Cycle | RPM |

AQUA - 25M & WARM WATER EXERCISE POOLS

| TIME | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------|---|----------|--------|--------|-----------|------------------|---------------|
| 8:30 AM |  CENTRE CLOSED | | | | AquaStick | Aqua | |
| 9:30 AM | | | | Aqua | Aqua | AquaHydro | |
| 9:30 AM | | | | | | | Aqua |
| 10:30 AM | | | | | | Aqua | |
| 10:45 AM | | | | | | | Water Therapy |
| 11:30 AM | | | | | | ActiveLink Hydro | |
| 6:15 PM | | | | | | AquaLite | |
| 7:15 PM | | | | | | Aqua Energy | |

■ Class in warm water exercise pool
■ 30 minute class

We recommend individuals seek medical advice prior to participating in any physical activity. Individuals participate in Group Fitness classes at their own risk.

EASTER 2019 CENTRE HOURS

| Friday 19 April | Saturday 20 April | Sunday 21 April | Monday 22 April |
|-----------------|-------------------|-----------------|-----------------|
| Closed | 9am - 6pm | 9am - 6pm | 8.30am - 7.30pm |
| Closed | 9am - 6pm | 9am - 6pm | 9am - 6pm |
| Closed | 9am - 5pm | 9am - 5pm | 9am - 7.30pm |

