



GRIT NOW ON THE MAIN TIMETABLE

BETTER NEVER STOPS

GROUP FITNESS TIMETABLE: JULY - OCTOBER 2018

Monash Aquatic & Recreation Centre

GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM	BodyAttack ♥	BodyPump ↔	SmashHIIT-45 ♥	GRIT Strength ↔	BodyCombat ♥		
8:15 AM		Pilates Gold ☀		Pilates 🏊		BodyPump-45 ↔	BodyAttack-45 ♥
9:00 AM						BodyStep ♥	
9:15 AM	BodyPump ↔	Zumba ♥	BodyStep-45 ♥	Pilates 🏊	BodyPump ↔		BodyPump ↔
9:30 AM					Walking Group ♥		
10:00 AM			Core-30 ↔			Zumba ♥	
10:30 AM	Landmarc ☀	Yoga 🏊	BodyPump ↔	X-Training Gold ☀	Landmarc ☀		Yoga 🏊
11:00 AM						Zumba ♥	
11:30 AM	Tai Chi ☀	LandMarc ☀		Stretch4Life ☀	Tai Chi ☀		
11:35 AM			BodyBalance 🏊				
11:45 AM						Pilates 🏊	
12:30 PM	Zumba Gold-45 ☀	Pilates-45 🏊		Zumba Gold-45 ☀			
2:00 PM	Strong4Life ☀						
4:00 PM						BodyPump ↔	
4:45 PM			Activeabilities ♿				
5:00 PM						BodyBalance 🏊	Yoga 🏊
5:30 PM	Zumba ♥	BodyAttack ♥	Zumba ♥	BodyPump ↔	GRIT Strength ↔		
6:00 PM					BodyAttack ♥		
6:30 PM	BodyPump ↔	BodyStep ♥	BodyCombat ♥	BodyStep ♥			
7:30 PM	BodyCombat ♥	BodyPump ↔	Pilates 🏊	Yoga 🏊			

FGT STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Cycle ♥	SPRINT ♥				
8:30 AM	ActiveLink ☀		ActiveLink ☀	Yoga Gold ☀	ActiveLink ☀		RPM ♥
9:00 AM						RPM ♥	
9:30 AM	ActiveLink ☀	Strong4Life ☀	ActiveLink ☀	Strong4Life ☀	Pilates Gold ☀		
10:00 AM						SPRINT ♥	
10:30 AM	Tai Chi ☀	Cycle Express ♥		Strong4Life ☀	Cycle ♥	Strong4Life ☀	
11:30 AM	Strong4Life ☀		Mums & Bubs Yoga 🏊		Stretch4Life ☀	All Abilities X-Trainer ♥	
4:45 PM				Teen-Fit ♿			
6:15 PM	Cycle ♥	Cycle ♥	RPM ♥				
7:00 PM	Core-30 ↔	Boxing ♥					
7:30 PM	Yoga 🏊						

AQUA- 25M POOL & HYDROTHERAPY POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Aqua ☀	AquaStick ☀	Aqua ☀	Aqua ☀	Aqua ☀		
9:00 AM	AquaHydro ☀						
9:30 AM	Aqua ☀	Aqua ☀	AquaHydro ☀	AquaHydro ☀	Aqua ☀	AquaHydro ☀	
9:30 AM			Aqua ☀	Aqua ☀			
10:30 AM	AquaHydro ☀	Aqua ☀		Aqua ☀		AquaHydro ☀	
10:45 AM			Water Therapy ☀	ActiveLink Hydro ☀			
11:30 AM	AquaHydro ☀	ActiveLink Hydro ☀					
1:30 PM	ActiveLink Hydro ☀						
6:15 PM		AquaLite ♥					
7:15 PM		Aqua-Energy ♥					

☀ Class in warm water exercise pool
♥ 30 minute class

Oakleigh Recreation Centre

GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM	Circuit				Circuit		
8:00 AM						Circuit-45	
8:30 AM							Circuit
9:30 AM	BodyPump	Stretch4Life	SmashHIIT	SmashHIIT	Boxing	Zumba	Boxing
10:30 AM	Yoga	Strong4Life	BodyBalance	Pilates	Strong4Life	Pilates	BodyPump
11:30 AM	Zumba Gold	Tai Chi			ActiveLink		
12:30 PM	Pilates Gold						
5:30 PM		SmashHIIT-45	Zumba				
6:00 PM	BodyCombat			BodyAttack Express			
6:15 PM		BodyPump-45	BodyCombat-45				
6:30 PM				BodyPump			
7:00 PM	Zumba	Circuit	Yoga		Pilates		
7:30 PM		BodyBalance		Circuit			
8:00 PM	Pilates						

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Cycle		Cycle			
8:45 AM						Cycle	
9:30 AM		Cycle					
6:00 PM				Cycle			
6:15 PM	Cycle						

Clayton Aquatics & Health Club

GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Zumba Step-45	Tai Chi	Zumba		Tai Chi	BodyBalance	Yoga
9:30 AM	Yoga	Tai Chi	BodyBalance	BodyPump	Tai Chi	BodyPump	BodyCombat
10:30 AM		ActiveLink		Cardio4Life	Yoga	Zumba	Yoga
11:00 AM	Strong4Life		Strong4Life				
11:30 AM		Zumba Gold		ActiveLink	Zumba Gold	Zumba	Zumba
4:00 PM						BodyCombat	BodyPump
5:30 PM	BodyAttack	BodyCombat	BodyStep	Zumba	Zumba Step		
6:15 PM	BodyPump	BodyStep	BodyPump	BodyBalance	Zumba		
7:00 PM	Zumba	BodyPump	Zumba	BodyCombat			
7:45 PM	Zumba	Pilates	Yoga	BodyPump			

MEETING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 PM	Pilates				Meditation		
7:45 PM	Yoga						

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Aqua	Aqua		Aqua			
9:30 AM	Aqua	Aqua	Aqua	Aqua	Aqua		
10:15 AM	ActiveLink Aqua				ActiveLink Aqua		
6:15 PM		Aqua Energy					
7:00 PM				Aqua Energy			



ZUMBA FITNESS

Zumba Family Fitness Class!
2pm at MARC:

- Sat 7 July • Sat 4 Aug
- Sat 1 Sept • Sat 6 Oct

FREE for Members' Kids & Swim School Students

ACTIVE MONASH

