

GROUP FITNESS TIMETABLE

Effective as of Monday 1 March 2021

ACTIVE
MONASH

Monash Aquatic & Recreation Centre

GROUP FITNESS STUDIO 1	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.05AM	Body Attack - 45		HIIT Circuit - 45		Body Combat-45		
	8.05AM		Pilates Gold					
	8.15AM							Body Attack
	9.00AM						Body Step	
	9.05AM	Body Pump	Zumba	Body Step-45	Pilates	Body Pump		Body Pump
	10.00AM			Core-30			Zumba	
	10.30AM	LandMARC	Yoga		X-Training Gold-45	LandMARC		Yoga
	10.40AM			Body Pump-45				
	11.00AM						Zumba - 45	
	11.30AM		LandMARC		Stretch4Life	Tai Chi-45		Zumba
	11.45AM						Pilates - 45	
	12.30PM	Zumba Gold-45			Zumba Gold-45			
	2.00PM	Strong4Life						
	4.00PM						Body Pump	Yoga
	4.40PM	Active Kids - 45		All Abilities Kids - 45				
	5.30PM		Body Attack	Zumba	Body Pump			
	6.00PM					Body Attack - 45		
	6.30PM	Body Pump	Body Step		Body Step			
	7.30PM	Body Combat	Body Pump	Pilates	Yoga	*All classes 60 minutes unless listed otherwise		
GROUP FITNESS STUDIO 2	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30AM				Baseline Fitness-45*			
	8.30AM	ActiveLink		ActiveLink				
	9.30AM		Strong4Life		Strong4Life	Pilates Gold	Yoga	
	10.30AM	Tai Chi						
	11.30AM					Stretch4Life	Active Abilities	
	12.45PM		Total Body Strength-45*					
	5.30PM				Functional Circuit-45*			
	6.00PM	Functional Circuit-45*		Baseline Fitness-45*		*RESULTS now included in memberships at no additional cost		
CYCLE STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.05AM		Cycle-45					
	8.05AM							RPM-45
	8.15AM						Cycle	
	10.30AM		Cycle-45			Cycle-45		
	6.00PM		RPM-45			*All classes 45 minutes unless listed otherwise		
AQUA	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.30AM	Aqua	Aqua		Aqua	Aqua		
	9.30AM	Aqua	Aqua	Aqua Hydro	Aqua	Aqua	Aqua Hydro	
	9.30AM			Aqua	Aqua Hydro			
	10.30AM	Aqua Hydro	Aqua					
	10.45AM			Water Therapy	ActiveLink Hydro			
	11.30AM	Aqua Hydro	ActiveLink Hydro					
	7.15PM		Aqua					*All aqua classes 45 minutes

Clayton Aquatics & Health Club

GROUP FITNESS STUDIO	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.30AM						Body Balance	Yoga
	9.30AM	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump	Body Combat
	10.30AM		ActiveLink		Cardio4Life-45	Yoga	Zumba	Yoga
	11.00AM	Strong4Life		Strong4life				
	11.30AM		Zumba Gold-45			Zumba-45	Zumba-45	Zumba
	4.00PM							
	5.30PM		Body Combat-45		Zumba-45	Zumba-45		
	6.15PM	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45	Zumba-45		
	6.30PM							
	7.00PM	Zumba-45		Zumba-45	Body Combat-45			
	7.45PM	Zumba-45	Pilates	Yoga	Body Pump - 45	*All classes 60 minutes unless listed otherwise		
AQUA	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.30AM		Aqua		Aqua			
	9.30AM	Aqua	Aqua	Aqua		Aqua		
	10.15AM					ActiveLink Aqua		*All aqua classes 45 minutes

GROUP FITNESS TIMETABLE

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**ACTIVE
MONASH**

Oakleigh Recreation Centre

*All classes 60 minutes unless listed otherwise

STUDIO 1 - ENERGY	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:05AM	Body Pump - 45						
	9:30AM	Zumba	Body Pump	SWEAT - 45			Dance Hits	Body Pump
	10:30AM	Nia Dance	Strong4life		Tummy Hips Thighs	Strong4life		
	11:30AM		Tai Chi			Activelink		
	5:00PM	Core and more-45						
	5:30PM	Body step - 45		Zumba-45		Boxing		
	6:00PM							
	6:30PM	Body Pump	Box Circuit	Body Combat				
	7:00PM	Body Pump						
STUDIO 2 - MIND BODY	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30AM	Pilates						
	9:30AM		Stretch4Life			Hatha Yoga		
	10:30AM	Barre-30			Yoga Vinyasa			Yoga
	11:00AM						Barre-45	
	11:30AM							
	12:10PM		Barre-30					
	12:30PM	Pilates Gold-45						
	5:30PM		Barre -45					
CYCLE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:05AM	Cycle-45						
	8:30AM						Power Cycle	
	6:00PM	Cycle-45						
	6:15PM	Cycle-45						
RESULTS HQ	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30AM	Ultimate Cardio*		Total Body Strength*		Functional Circuit*		
	7:00AM			Total Body Strength				
	8:30AM							Functional Circuit*
	5:30PM		Functional Circuit*					
	6:00PM	Total Body Strength*	Ultimate Cardio*					
	7:00PM			Baseline Fitness*		*RESULTS now included in memberships at no additional cost		
REFORMER PILATES	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15AM	Reformer						
	8:30AM	Reformer			Reformer			
	9:30AM	Reformer	Reformer		Reformer	Reformer	Reformer	Reformer
	10:30AM		Reformer	Reformer		Reformer	Reformer	Reformer
	12:45PM	Reformer Express-30						
	5:30PM	Reformer	Reformer					
	6:00PM	Reformer						
	6:30PM	Reformer	Reformer		Reformer			
	7:00PM	Reformer						
	7:30PM				Reformer			

Note - Reformer Pilates is an additional cost on top of your membership. See website for more information