

# GROUP FITNESS TIMETABLE

Effective as of Monday 1 February 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		
8.15AM		Pilates Gold-45					Body Attack
9.05AM	Body Pump	Zumba	Body Step-45	Pilates	Body Pump	Body Step	Body Pump
10.00AM			Core-30				
10.30AM	LandMARC	Yoga		X-Training Gold-45	LandMARC	Zumba	Yoga
10.40AM			Body Pump-45				
11.30AM		LandMARC		Stretch4Life	Tai Chi-45	Pilates	Zumba
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
8.30AM	ActiveLink		ActiveLink				
9.30AM		Strong4Life		Strong4Life	Pilates Gold	Yoga	
10.30AM	Tai Chi						
11.30AM					Stretch4Life	Active Abilities	

### CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05AM		Cycle-45					
8.05AM						Cycle	RPM-45
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			
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	
9.30AM	Yoga	Tai Chi	Body Balance	Body Pump	Tai Chi	Body Pump	Body Combat
10.30AM		ActiveLink		Cardio4Life-45	Yoga		Yoga
11.00AM	Strong4Life		Strong4life			Zumba	
11.30AM		Zumba Gold-45					Zumba
5.30PM		Body Combat-45			Zumba-45		
6.15PM	Body Pump-45	Body Step-45	Body Pump-45	Body Balance-45			
6.30PM					Zumba-45		
7.00PM	Zumba-45		Zumba-45	Body Combat-45			
7.45PM		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	

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## Oakleigh Recreation Centre

### STUDIO 1 - ENERGY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	Body Pump						
9:30AM	Zumba	Body Pump	SWEAT - 45				Body Pump
10:30AM	Nia Dance	Strong4life		Tummy Hips Thighs	Strong4life	Dance Hits	
11:30AM					Activelink		
5:00PM	Core and more-45						
5:30PM	Body step - 45		Body Combat -45		Boxing		
6:00PM							
6:30PM	Body Pump	Box Circuit	Zumba				
7:00PM	Body Pump						

### STUDIO 2 - MIND BODY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM	Pilates						
9:30AM		Stretch4Life					
10:30AM	Barre-30			Yoga Vinyasa			Yoga
11:00AM						Barre-45	
11:30AM	Tai Chi						
12:10PM		Barre-30					
12:30PM	Pilates Gold-45						
5:30PM		Barre -45					
6:15PM	Pilates-1hour						
6:30PM			Yoga Vinyasa				

### STUDIO 3 - REFORMER PILATES

**Note** - This service is an additional cost on top of your membership. See website for more information

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	Reformer						
8:30AM	Intro Reformer			Reformer			
9:30AM	Reformer	Intro Reformer*		Intro Reformer	Intro Reformer	Reformer	Reformer
10:30AM		Intro Reformer*	Reformer		Reformer	Reformer	Reformer
12:45PM	Reformer Express-30						
5:30PM	Intro Reformer	Reformer					
6:00PM	Intro Reformer						
6:30PM	Reformer	Reformer		Reformer			
7:00PM	Reformer						
7:30PM				Reformer			*From Tues 16 Feb

### STUDIO 4 - SPIN

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

\*All classes 60 minutes unless listed otherwise



**NOW  
INCLUDED IN  
GYM AND GROUP  
FITNESS MEMBERSHIPS**

# RESULTS Timetable

## Oakleigh Recreation Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Baseline Fitness	Ultimate Cardio		Functional HIIT Circuit	Total body Strength		
7:00 AM			Total Body Strength				
8:30 AM						Functional HIIT Circuit	
5:30 PM		Functional HIIT Circuit					
6:00 PM	Total Body Strength			Ultimate Cardio			
7:00 PM			Baseline Fitness				

## Monash Aquatic & Recreation Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM				Baseline Fitness			
8:30 AM							
12.45 PM		Total body Strength					
1.30 PM							
5:30 PM				Functional HIIT Circuit			
6:00 PM	Functional HIIT Circuit		Baseline Fitness				

\*All classes 45 minutes unless listed otherwise

Visit [www.activemonash.com.au](http://www.activemonash.com.au) for class descriptions and to book online at either Monash Aquatic & Recreation or Oakleigh Recreation Centre.