











































INSTRUCTOR LED GROUP FITNESS CLASSES

BAY
PAVILIONS
ARTS+
AQUATIC

Beginning 2 June, 2025.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|---|---|---|--|---|--|
| 6:15am |  BOOTCAMP | TRI-RPM Ride & Run | | LES MILLS RPM |  BOOTCAMP | | |
| 7:15am | |  DEEP WATER AQUA |  STEP AEROBICS |  DEEP WATER AQUA | | | |
| 8:30am |  PILATES |  AQUA AEROBICS |  AQUA AEROBICS |  DEEP WATER AQUA |  AQUA AEROBICS | | |
| 9:30am | LES MILLS BODYPUMP & STRETCH |  FUNCTIONAL CIRCUIT |  BOX & BURN |  FUNCTIONAL CIRCUIT | LES MILLS BODYPUMP | LES MILLS BODYPUMP OR FUNCTIONAL CIRCUIT |  AQUA AEROBICS |
| |  AQUA MOBILITY |  BARRE PILATES |  YOGA |  TAI CHI |  GENTLE YOGA | | |
| | |  AQUA MOBILITY | |  AQUA AEROBICS | | | |
| 10:35am |  AQUA AEROBICS 10:30AM |  Active Ageing |  AQUA MOBILITY 10:30AM |  Active Ageing |  AQUA MOBILITY 10:30AM |  YOGA 11am | |
| |  GENTLE YOGA | | LES MILLS BODYPUMP | | | | |
| 5:30pm |  LES MILLS RPM  |  LOWER BUILD |  FUNCTIONAL CIRCUIT |  LES MILLS sprint  |  AQUA HIIT | | |
| | |  SLOW FLOW YOGA |  GENTLE YOGA | | | | |
| 6:10pm |  PILATES | | | LES MILLS BODYPUMP OR  BUILD  CORE YOGA | |  | |

All AQUA classes 45 minutes, all other classes 55 minutes, unless otherwise shown.  Indicates 30 minute class.

Entry will not be permitted into any classes after the first 5 minutes. Bookings mandatory. Classes subject to change without notice.