

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		
	 AQUA MOBILITY	 BARRE PILATES	 YOGA	 TAI CHI	 GENTLE YOGA	 FUNCTIONAL CIRCUIT	 AQUA AEROBICS
	 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	
			LES MILLS BODYPUMP				
5:30pm	LES MILLS RPM 30'	 LOWER BUILD	 WOD55	LES MILLS sprint 30'	 AQUA HIIT		
		 SLOW FLOW YOGA	 GENTLE YOGA		 WOD30		
6:10pm	 PILATES			 UPPER 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.