










































INSTRUCTOR LED GROUP FITNESS CLASSES

BAY
PAVILIONS
ARTS+
AQUATIC

Beginning NOVEMBER, 2025.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	 BOOTCAMP	LES MILLS RPM		LES MILLS RPM	 BOOTCAMP		
7:15am	 PILATES SHAPES	 DEEP WATER AQUA	 STEP AEROBICS	 YOGA  DEEP WATER AQUA			
8:30am	 AQUA AEROBICS	 AQUA AEROBICS	 AQUA AEROBICS	 BARRE PILATES  DEEP WATER AQUA	 AQUA AEROBICS		
9:30am	LES MILLS BODYPUMP & STRETCH	 FUNCTIONAL CIRCUIT	 FUNCTIONAL CIRCUIT	 FUNCTIONAL CIRCUIT	LES MILLS BODYPUMP		
	 AQUA MOBILITY	 BARRE PILATES	 YOGA	 TAI CHI	 GENTLE YOGA	 FUNCTIONAL CIRCUIT	 AQUA AEROBICS
	 SLOW FLOW YOGA	 AQUA MOBILITY		 AQUA AEROBICS			
10:35am		 Active Ageing	 AQUA MOBILITY 10:30AM	 Active Ageing	 AQUA MOBILITY 10:30AM	 YOGA 11am	
5:30pm	LES MILLS RPM 	 BUILD	LES MILLS sprint 	 WOD55  GENTLE YOGA	 AQUA HIIT  WOD30		
6:10pm	 PILATES SHAPES		 PILATES SHAPES				

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.