

INSTRUCTOR LED GROUP FITNESS CLASSES

BAY
PAVILIONS
ARTS+
AQUATIC

Beginning March 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BUILD & MOVE	LESMILLS RPM	RUN CLUB 6AM	LESMILLS RPM	BUILD & MOVE		
7:15am	LESMILLS Shapes	DEEP WATER AQUA	STEP AEROBICS	YOGA DEEP WATER AQUA	LESMILLS Shapes		
8:30am	AQUA TABATA	BARRE PILATES AQUA AEROBICS	AQUA AEROBICS	BARRE PILATES AQUA AEROBICS	AQUA AEROBICS		
9:30am	LESMILLS BODYPUMP & STRETCH	FUNCTIONAL CIRCUIT	DANCE FIT	FUNCTIONAL CIRCUIT	LESMILLS BODYPUMP	BOX FIT	AQUA AEROBICS
	AQUA MOBILITY		YOGA	TAI CHI	GENTLE YOGA		
	SLOW FLOW YOGA	AQUA MOBILITY					
10:35am		Active Ageing	AQUA MOBILITY 10:30AM	Active Ageing	AQUA MOBILITY 10:30AM	YOGA 11am	
5:30pm	LESMILLS RPM 30'	BUILD	LESMILLS sprint 30'	DANCE FIT	WOD30		
		YOGA		STRONG FLOW YOGA			
6:15pm	PILATES		LESMILLS 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.