



# ***GROUP FITNESS TIMETABLE***

**SUMMER 2026**

Effective from Monday 12 January 2026

Classes and instructors are subject to change.  
Always check Active World app for most up to date class schedule.

## GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	Zumba	Cardio Strength	Zumba	Senior Circuit	Momentum		
9:00AM						Zumba	
9:20AM	Core & More	Prime Bar	Core & More	Prime Bar	Les Mills Pilates		
10:30AM	Senior Circuit	Stretch & Strength	Tai Chi	Body Balance	Body Balance		
11:30AM			Qigong				
12:00PM					Yoga (Chair)		
1:00PM	Les Mills Shapes	Agestrong/ SOYF	Momentum	Agestrong/ SOYF			
2:00PM	Agestrong/ SOYF		Zumba Gold				
3:00PM	Momentum		Prime Bar				
4:00PM	Prime Bar			Zumba			
5:30PM	Pilates	Body Balance					
6:00PM				HIIT Strength			

 All Access Classes

## GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						CONNECT30 Resistance	
8:45AM						Active Recovery	
10:00AM						Active Recovery	
10:30AM							CONNECT30 Functional
11:00AM							Active Recovery
12:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
12:30PM	Active Recovery	Active Recovery	Active Recovery	Active Recovery	Active Recovery		
5:30PM	CONNECT30 Boxing		CONNECT30 Boxing				
6:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
6:45PM	Active Recovery	Active Recovery	Active Recovery	Active Recovery	Active Recovery		