



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