



GROUP FITNESS TIMETABLE

AUTUMN/WINTER 2025

Effective from Monday 28 April 2025

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

CIVIC RESERVE
RECREATION CENTRE


**MORNINGTON
PENINSULA**
Shire

GROUP FITNESS STUDIO

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

All Access Classes

CONNECT30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						CONNECT30 Resistance	
10:30AM							CONNECT30 Functional
12:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
5:30PM	CONNECT30 Boxing		CONNECT30 Boxing				
6:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
7:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		



**DOWNLOAD THE
ACTIVE WORLD APP
TO BOOK YOUR
GROUP FITNESS
CLASSES**