



# **GROUP FITNESS TIMETABLE**

**SPRING/SUMMER 2025**

Effective from Monday 6 October 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	Les Mills Shapes	Agestrong Entry		Agestrong Entry			
1:30PM			Momentum				
2:00PM		Agestrong Maintenance		Agestrong Maintenance			
2:30PM			Zumba Gold				
4:00PM	Prime Bar			Zumba			
5:30PM	Pilates	Body Balance					

All Access Classes

## GYM FLOOR

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



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