GROUP FITNESS TIMETABLE

Effective from 4th November 2026

DAY	TIME	CHILDCARE	WELLBEING STUDIO	CYCLE STUDIO	FUNCTIONAL SPACE	AQUA	REFORMER
MONDAY	6.05am	Outdoor Circuit		LesMills RPM	HYROX Strength		6.15am Reformer Pilates
	7.15am						7.15am Reformer Pilates
	8.15am		LesMills BODYPUMP		8.00am Seniors Gym Circuit		
	9.20am		Vinyasa Yoga	Cycle Xpress	9.30am BAFT Aerobic	9.00am 50m AquaFit	9.15am Reformer Pilates
	10.30am		Mat Pilates			10.00 WWPP Aqua Dance	10.15am Reformer Pilates
	11.30am		Yin Yoga				
	5.15pm	Boxing			5.30 BAFT Aerobic		
	6.15pm	LesMills BODYPUMP	Yoga Blend	Cycle		WWPP AquaFit	Reformer Pilates
	7.15pm		Pilates HIIT				Reformer Pilates
TUESDAY	6.05am				6.15am BAFT Functional		6.15am Reformer Pilates
	7.15am						7.15am Reformer Pilates
	8.15am		Yoga Blend			8.00am 50m AquaFit	
	9.20am		Mat Pilates		9.30am BAFT Functional		9.15am Reformer Pilates
	10.30am		LesMills BODYPUMP			10.00am WWPP AquaFit	10.15am Reformer Pilates
	11.30am		Cardio Seniors				
	5.30pm		LesMills BODYBALANCE				5.15pm Reformer Pilates
	6.15pm	Beginners Boxing	Mat Pilates		HYROX	WWPP AquaFit	Reformer Pilates
	7.15pm		Vinyasa Yoga		BAFT Functional		

DAY	TIME	MAIN STUDIO	WELLBEING STUDIO	CYCLE STUDIO	FUNCTIONAL SPACE	AQUA	REFORMER
WEDNESDAY	6.05am		LesMills Shapes		6.15am BAFT Strength		6.15am Reformer Pilates
	7.15am						7.15am Reformer Pilates
	8.15am		LesMills BODYPUMP		8.00am Wonder Women	8.00am 50m AquaFit	
	9.20am		LesMills BODYBALANCE	Cycle Xpress	9.30am BAFT Strength	9.00am WWPP AquaFit	9.15am Reformer Pilates
	10.30am		ZUMBA				10.15am Reformer Pilates
	11.30am		Strength Development			WWPP AquaFit	
	12.40pm		Level 1 Falls Prevention				
	5.30pm	CircHIIT					
	6.15pm		LesMills BODYBALANCE	Cycle Xpress		WWPP AquaFit	Reformer Pilates
	7.15pm		Pilates HIIT				Reformer Pilates
THURSDAY	6.05am			LesMills RPM	6.15am BAFT Aerobic		6.15am Reformer Pilates
	7.15am		7.00am Mat Pilates				
	8.15am		LesMills BODYPUMP			8.00am 50m AquaFit	
	9.20am		Mat Pilates		9.30am BAFT Aerobic	9.00am WWPP AquaFit	9.15am Reformer Pilates
	10.30am		LesMills BODYBALANCE				10.15am Reformer Pilates
	11.30am		Strong Seniors				
	5.30pm	Strength & Core	Mat Pilates			5.15pm WWPP AquaFit	5.15pm Reformer Pilates
	6.15pm	LesMills BODYPUMP	Yoga Blend	LesMills RPM	HYROX		Reformer Pilates
	7.15pm		LesMills BODYBALANCE				

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*All classes and times subject to change

DAY	TIME	CHILDCARE	WELLBEING STUDIO	CYCLE STUDIO	FUNCTIONAL SPACE	AQUA	REFORMER
FRIDAY	6.05am				6.15am BAFT Functional		6.15am Reformer Pilates
	7.15am						7.15am Reformer Pilates
	8.15am		LesMills Shapes	8.30am Seniors Cycle	8.00am Wonder Women	8.00am WWPP AquaFit	
	9.20am		LesMills BODYBALANCE	Cycle Xpress	9.30am BAFT Functional	9.00am Deep Water Running	9.15am Reformer Pilates
	10.30am		ZUMBA				10.15am Reformer Pilates
	11.30am		Barre Sculpt				
	12.40pm		Chair Yoga				
	5.30pm		LesMills Shapes				
	6.15pm		LesMills BODYBALANCE				
SATURDAY	7.15am				BAFT Strength		
	8.15am	Boxing	LesMills BODYBALANCE			8.30am WWPP AquaFit	8.15am Reformer Pilates
	9.20am	LesMills BODYPUMP	Mat Pilates	Cycle** Check AW	9.00am BAFT Strength	9.30am WWPP Aqua Dance	9.15am Reformer Pilates
	9.40am				BAFT Strength		10.15am Reformer Pilates
	10.30am	ZUMBA	Yoga Blend				
SUNDAY	8.15am	Core & More					8.15am Reformer Pilates
	8.30am			Cycle** Check AW	8am HYROX		
	9.20am	CircHIIT	Yoga Blend				9.15am Reformer Pilates
	9.30am				BAFT Functional		
	10.30am	LesMills DANCE	Mat Pilates				10.15am Reformer Pilates

Wellbeing Studio

Barre Sculpt* (45 mins, ff)
Challenge core stability and balance

BODYBALANCE* (55 mins, ff)
A yoga and pilates based workout that leaves you feeling centred and calm

LM Shapes* (45 mins, ff)
Pilates, Barre and Power yoga inspired class. Bring on the burn - fast!

Meditation* (30 mins, ff)
Wind down and de-stress with a short sequence of Yin Yoga, followed by guided mindfulness.

Pilates* (45 mins, ff)
Strengthen your core area and correct body alignment

Pilates HIIT (45 mins, ff)
Combines traditional pilates with strength and interval training

Yoga - Vinyasa* (55 mins, ff)
Energetic style with flowing movements, sun salutations and standing balances

Yoga - Hatha* (55 mins, ff)
Yoga for everybody - move mindfully into poses that challnege strength and flexibility

Yoga - Yin* (45 mins, ff)
Gentle, slower paced yoga with very little weight bearing on wrists and knees

Yoga Blend* (55 mins, ff)
Combination of hatha and restorative yoga

Reformer Pilates

Reformer Studio (45 mins)
Build core stability, strength, coordination, confidence and mobility using a reformer. The perfect functional class!

HYROX

Functional Room (45 mins)
Certified Program - functional strength, running & high

Main Studio

BODYPUMP* (45 mins)
Barbell Workout challenging your entire body

Beginners Boxing* (45 mins, ff)
Learn boxing technique in a non-intimidating environment

Boxing (45 mins)
Pad work, skipping, running and core exercises. BYO gloves preferred

Core & More (45 mins)
strength and endurance training for abdoninals, glutes, back and shoulders.

CircHIIT (45 mins)
High intensity strength and cardio interval training

LM Dance* (45 mins, ff)
Simple but serious dance moves - bring out your inner star!

LM Strength Development (45 mins)
Progressive resistance training to improve pure, and functional strength

Zumba (50 mins, ff)
High energy dance moves set to Latin and international beats

Zumba Gold* (45 mins, ff)
A lower impact, easy to follow version of Zumba

Cycle Studio

Cycle*(45 mins, XPress 30mins, ff)
Freestyle indoor cycling class incorporating sprints and climbs to build stamina and fitness. Riders can work at their own pace

RPM (45 mins, ff)
PLes Mills pre-choreographed group indoor cycling workout where you control the intensity. It's fun, low impact, and will inspire you to reach your personal best!

Aqua Fitness

AquaFit* (45 mins)
Run in either the shallow end of the 50m pool or in the Warm Water Program Pool. Aqua classes are inclusive of every fitness level and age. Classes usually incorporate resistance equipment such as aqua dumbells and noodles.

Aqua Dance* (45 mins)
Splash dance and sing your way into shape with an invigorating, low impact aquatic workout

Deep Water Running (45 mins, ff)
A great non-impact cardiovascular workout using optional floatation belts. Must be a competent swimmer to attend.

Seniors Programs

Cardio Seniors* (45 mins)
Improves heart and lung fitness as well as coordination. Main Studio

Seniors Gym Circuit* (45 mins)
Move through a series of strength and cardio exercises in a social, non-intimidating environment. Functional room

Strong Seniors* (45 mins)
Uses body weight and hand-held equipment to improve strength and functionality. Main Studio

Wonder Women* (45 mins)
Female only circuit class - the perfect for transitioning into gym training or those wanting company whilst working out.

Community Classes

These class are $5 per session for non-members unless specified

Active Adults* (45 mins)
Low intensity, seated resistance training. Held in Watsonia library meeting room

All Abilites Aqua* (30 mins, ff)^
Fun and movement in the water with simple moves and familiar music. Carers welcome free of charge. WWPP

All Abilities Dance* (45 mins, ff)^
A fun, inclusive dance class designed for everyone to enjoy. Carers welcome free of charge. Main studio

Boccia* (Main Studio, ff)
A seated bowling game for people who like a bit of fun competition! Main studio. No participation fee.

Chair Yoga* (45 mins, ff)
Move and restore whilst staying seated. All ages and abilities welcome. Great for rehab and pregnancy too. Wellbeing Studio.

Falls Prevention* (45 mins)
Entry level class to minimise risk of falling. Exercises are performed seated or with a chair for support. Main Studio.

Greensborough Mall Walkers*
Meet at Greensborough plaza outside Target on Level 1. Walk, talk and enjoy a cuppa afetrwards. No perticipation fee

Seniors Cycle* (30 mins)
Fun, low intensity class set to great music. Perfect for beginners!

BeActive Functional Training

30 minute functional training, held in the gym functional training room

Aerobic
High intensity workout that will challenge your cardiovascular and muscular endurance.

Functional
A high energy session combining cardio, strength and functional movements to ignite your metabolism.

Strength
Full body workout to enhance functional strength, improve stability, and improve overall performance

(ff) Denotes Family Friendly Class - suitable for people aged 10 - 15 years. Non-members under 16 must be accompanied by an adult during the class
* Classes are generally considered safe for all fitness levels. If unsure speak with the group fitness instructor prior to the class
^ Classes run in school terms only

These classes need more love! Attend these to keep on them on the timetable

Please bring a drink bottle and towel to class, and a mat/boxing gloves if required. Participants must wipe down equipment after use

PLEASE NOTE: No late entry into classes

Classes and instructors are subject to change and cancellation at short notice / Bookings are required to attend all group fitness classes and are available via the Active World App or reception / All participants must check in with their instructor at the commencement of the class / aqua participants must obtain a wristband from reception as proof of booking / Consult your medical practitioner prior to participating in any group exercise program / some classes are not suitable whilst pregnant - consult your physician prior to attending

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY CLASSES		7.30am Mall Walkers	7.30am Mall Walkers	7.30am Mall Walkers	8.30am Seniors Cycle (Cycle Studio)
			10.30am All Abilities Aqua^(WWPP)		9.30am Active Adults^(WatsoniaLibrary)
		4pm All Abilities Dance* (WB Studio)	12.40pm Falls Prevention (WB Studio)	3-5pm Boccia (Wellbeing Studio)	12.40pm Chair Yoga (Wellbing studio)

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