

REFORMER PILATES STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	Reformer Hybrid	Reformer	Reformer Hybrid	Reformer	Reformer Hybrid		
7:15AM	Reformer	Reformer Hybrid	Reformer	Reformer Hybrid	Reformer Hybrid		
8:15AM	Reformer	Reformer Beginner	Reformer Momentum	Reformer Beginner	Reformer	Reformer Hybrid	Reformer
9:15AM	Reformer	Reformer Hybrid	Reformer Beginner	Reformer	Reformer Momentum	Reformer	
10:15AM	Reformer Hybrid	Reformer	Reformer	Reformer	Reformer	Reformer Hybrid	Reformer
11:15AM	Reformer Beginner	Reformer		Reformer		Reformer	
12:15PM	Reformer		Reformer Momentum	Reformer Beginner	Reformer		Reformer
1:30PM		Reformer		Reformer		Reformer	
4:30PM	Reformer Hybrid	Reformer	Reformer	Reformer	Reformer		Reformer
5:30PM	Reformer Hybrid	Reformer Hybrid	Reformer	Reformer	Reformer	Reformer	
6:30PM			Reformer Beginner		Reformer		
7:30PM	Reformer		Reformer		Reformer		

■ Virtual class

CONNECT 30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic	Functional	Resistance	Power	Speed		
7:15AM		Functional			Speed		
8:30AM	Aerobic		Resistance	Power		C30 Plus	
9:15AM	Aerobic	Functional	Resistance	Power	Speed		
9:30AM						C30 Plus	
12:00PM	Aerobic	Functional	Resistance	Power	Speed		
4:30PM		Teen		Teen			
6:00PM	Aerobic	Functional	Resistance	Power			



**SCAN THE QR CODE
TO VIEW THE
CLASS DESCRIPTIONS**



GROUP FITNESS TIMETABLE

AUTUMN/WINTER 2026
EFFECTIVE FROM MONDAY 7 APRIL

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

YAWA.
AQUATIC CENTRE



GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump	BodyCombat	BodyPump	Core&More	Boxing		
7:10AM		BodyBalance	BodyCombat		Pilates		
8:15AM	Pilates	Momentum	Strength Plus	Strength & Balance	Zumba	BodyPump	Strength & Core
9:30AM	Senior Circuit	Core&More	BodyPump	Pilates	Core&More	Core&More	Dance
10:30AM	Senior Circuit	Strength & Balance	Pilates	TheraTone	Momentum		
11:30AM	SOYF	Prime Movers	SOYF	Prime Movers	SOYF	Stretch & Mobility	
12:30PM	Pilates	Pilates			Strength Plus		
1:00PM			Zumba	Trigger Point Therapy			
4:30PM	Core		BodyBalance	BodyBalance	BodyPump		
5:30PM	Dance	BodyPump	Core&More	BodyPump	BodyBalance		Core
6:30PM	Pilates	Boxing					

Virtual class All Access classes

CYCLE STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	Sprint	Group Cycle	Spin	Spin			
7:00AM	Group Cycle						
7:30AM		Spin					
8:15AM	Group Cycle						
9:15AM		Spin	Group Cycle	Group Cycle	Group Cycle	RPM	Group Cycle
10:15AM			Spin			Spin	
5:15PM	Group Cycle	RPM	Sprint	RPM	Sprint		
6:30PM	RPM	RPM	Spin		RPM		

Virtual class

EXERCISE PHYSIOLOGY LED CLASSES

For more information or to book an EP Led Class, please see reception or call us on 03 8727 8960

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
10:30AM	EP Hydro						
3:00PM	EP Oncology						

Held in the Warm Water Exercise Pool Held in Multipurpose Studio

MULTIPURPOSE STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00AM					Yoga (Nidra)		
7:30AM	Yoga (Hatha)						
8:05AM		Tai Chi (Advanced)	Tai Chi	Tai Chi (Beginner)		Yoga (Vinyasa)	
8:15AM					Stretch		
9:15AM		Yoga (Kundalini)	Yoga (Gentle Flow)	Qigong		Yoga (Yin)	
9:45AM	Yoga (Power Flow)						
10:30AM		Yoga (Chair)	Stretch	Yoga (Kundalini)		Meditation	
11:30AM			Yoga (Gentle Flow)	Yoga (Nidra)			
12:30PM				Meditation			
4:00PM							Yoga (Yin)
4:30PM				Yoga			
6:00PM	Yoga (Hatha)	Yoga	Yoga (Power Flow)	Yoga (Gentle Flow)	Yoga (Gentle Flow)		
7:15PM		Yoga (Yin)	Yoga (Yin)	Yoga (Yin)			

Studio allocated to Peninsula Health

AQUA

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30AM	Aqua Movers		Aqua Movers		Aqua HIIT		
8:30AM		Aqua Movers	Aqua Deep		Aqua Movers	Warm Aqua	Aqua Deep
9:30AM	Aqua Movers			Aqua Movers	Aqua Zumba	Aqua Flow	Aqua Deep
10:30AM						Warm Aqua	Aqua Flow
10:45AM	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers		
11:45AM	Aqua Flow	Warm Aqua	Aqua Zumba	Warm Aqua	Aqua Flow		
12:30PM		Aqua HIIT					
2:00PM	Aqua Movers						
7:15PM		Aqua Movers		Aqua Movers			

Classes held in the Warm Water Exercise Pool