

GROUP FITNESS TIMETABLE

Effective 4 June 2019

SPLASH
AQUA PARK AND LEISURE CENTRE

Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	Step FIT	MetaPWR/Core	BodyPump	MetaPWR	BodyPump		
8.30am	Active Moves		Active Moves		Active Moves	Body Step 8.20	
9.20am	BodyPump		BodyStep	BodyPump	BodyStep	BodyPump	BodyPump
10.30am						Zumba	
6.10pm	Boxing	MetaFit 45	MetaPWR	BodyPump			
6.45pm			MetaFit				
7.15pm	BodyPump	Boxing	Zumba	Boxing			
8.20pm	Zumba 8.30						

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			Sprint				
8.30am						Sprint	
9.20am	Sprint	BoxaBike	Cycle		BoxaBike	Cycle	Sprint
5.00pm	BoxaBike						
5.30pm			Sprint				
6.15pm	RPM	RPM	Cycle	RPM	Sprint		
7.15pm		BoxaBike					

Mind and Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.20am		Reformer Pilates	Reformer Pilates				
8.00am					Guided Meditation		
8.20am	Meditation 8.30am					Reformer Pilates	
9.20am	BodyBalance	Reformer Pilates	Reformer Pilates	Reformer Pilates	Yoga	Reformer Pilates	Yoga
10.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		BodyBalance	Reformer Pilates
11.20am							Reformer Pilates
3.00pm						Yin Yoga	
4.00pm						Guided Meditation	
5.15pm	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates		
6.15pm	Reformer Pilates	Reformer Pilates	BodyBalance	Reformer Pilates	Reformer Pilates		
7.20pm	Body Balance	Body Balance	Yoga	Reformer Pilates	Yoga		
8.20pm			Guided Meditation				

Aquatic Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50 metre pool (All classes held in this pool are deep water classes. Flotation belts, noodles and dumbbells are provided)							
9.20am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
10.20am		Aqua Aerobics					
10.30am						Aqua Aerobics	
6.00pm	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics				
7.00pm	Aqua Aerobics						
Warm water pool							
7.30am	Warm Water Aqua						
8.00am				Warm Water Aqua			
9.00am					Warm Water Aqua		
7.00pm			Warm Water Aqua				

Our Group Fitness Timetable is subject to change. For full class descriptions and the latest updates, go to splash.hume.vic.gov.au