

GROUP FITNESS TIMETABLE

Effective March 2019

SPLASH
AQUA PARK AND LEISURE CENTRE

Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	Step Express	MetaPWR	BodyPump	MetaPWR	BodyPump		
6.20am		CX Works					
8.30am	Active Moves		Active Moves		Active Moves	Body Step 8.20	
9.20am	BodyPump	BodyAttack	BodyStep	BodyPump	BodyStep	BodyPump	BodyPump
10.30am						Zumba	
11.30am							
6.10pm	Boxing	MetaFit	MetaPWR	BodyPump	Body Step		
6.45pm		MetaFit	MetaFit				
7.15pm	BodyPump	Boxing	Zumba	Boxing			
8.20pm	Zumba 8.30	CoreFit	BodyPump				

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			SPRINT	RPM			
8.30am						SPRINT	
9.20am	SPRINT	RPM	Cycle	RPM	RPM	Cycle	Sprint
6.15pm	RPM	RPM	Cycle	RPM	SPRINT		
7.15pm	Cycle	BoxaBike	SPRINT				
8.15pm	BoxaBike						

Mind and Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.20am		Reformer Pilates	Reformer Pilates				
8.00am					Guided Meditation		
8.20am						Reformer Pilates	
9.20am	BodyBalance	Reformer Pilates	Reformer Pilates	Reformer Pilates	Yoga	Reformer Pilates	Yoga
10.30am	Reformer Pilates		Reformer Pilates	Reformer Pilates		BodyBalance	Reformer Pilates
11.20am	Reformer Pilates						Reformer Pilates
11.30am			Body Balance	Guided Meditation			
12.30pm							
4.00pm						Yin Yoga	
5.15pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
6.15pm	Reformer Pilates	Reformer Pilates	BodyBalance	Reformer Pilates	Reformer Pilates		
7.20pm	BodyBalance	BodyBalance	Yoga	Reformer Pilates	Yoga		

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				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