

# GROUP FITNESS TIMETABLE

Effective May 2019

**SPLASH**  
AQUA PARK AND LEISURE CENTRE

## Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5.45am</b>	Step Express	MetaPWR/Core	BodyPump	MetaPWR	BodyPump		
<b>8.30am</b>	Active Moves		Active Moves		Active Moves	Body Step 8.20	
<b>9.20am</b>	BodyPump	BodyAttack	BodyStep	BodyPump	BodyStep	BodyPump	BodyPump
<b>10.30am</b>			Body Balance	Guided Meditation		Zumba	
<b>6.10pm</b>	Boxing	MetaFit 45	MetaPWR	BodyPump			
<b>6.45pm</b>			MetaFit				
<b>7.15pm</b>	BodyPump	Boxing	Zumba	Boxing			
<b>8.20pm</b>	Zumba 8.30	CoreFit	BodyPump				

## Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5.45am</b>			Sprint		RPM		
<b>8.30am</b>						Sprint	
<b>9.20am</b>	Sprint	RPM	Cycle		RPM	Cycle	Sprint
<b>5.30pm</b>			Sprint				
<b>6.15pm</b>	RPM	RPM	Cycle	RPM	Sprint		
<b>7.15pm</b>		BoxaBike					
<b>8.15pm</b>	BoxaBike						

## Mind and Body Studio

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

## Aquatic Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>50 metre pool</b> (All classes held in this pool are deep water classes. Flotation belts, noodles and dumbbells are provided)							
<b>9.20am</b>	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
<b>10.20am</b>		Aqua Aerobics					
<b>10.30am</b>						Aqua Aerobics	
<b>6.00pm</b>	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics				
<b>7.00pm</b>	Aqua Aerobics						
<b>Warm water pool</b>							
<b>7.30am</b>	Warm Water Aqua						
<b>8.00am</b>				Warm Water Aqua			
<b>9.00am</b>					Warm Water Aqua		
<b>7.00pm</b>			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](http://splash.hume.vic.gov.au)