

GROUP FITNESS TIMETABLE

Effective Monday 3, September 2018

Group Fitness Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	CXWORX	MetaPWR	MetaFit	MetaPWR			
6.20am	HIIT	CXWORX	BodyStep Express	BodyPump Express			
8.20am						BodyStep	
8.30am	Active Moves		Active Moves		Active Moves		
9.20am	BodyPump	BodyAttack	BodyStep	BodyPump	BodyStep	BodyPump	BodyPump
10.30am		Postnatal					
11.30am		Zumba Gold					
6.10pm	Boxing	BodyAttack	MetaPWR	BodyPump	BodyStep Express		
6.45pm			MetaFit				
7.15pm	BodyPump	Boxing	Zumba	Boxing			
8.20pm	Zumba	COREFIT	BodyPump				

Cycle Studio

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

Mind and Body Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	Hatha Yoga						
6.20am			Reformer Pilates				
7.20am			Reformer Pilates				
8.20am						Reformer Pilates	
9.20am	BodyBalance	Reformer Pilates	Reformer Pilates	Reformer Pilates	Hatha Yoga	Reformer Pilates	Hatha Yoga
10.30am			BodyBalance	Reformer Pilates		BodyBalance	Mat Pilates
11.20am							Reformer Pilates
11.30am				Yogalaties			
12.30pm				Guided Meditation			
5.15pm	Reformer Pilates	Reformer Pilates			Reformer Pilates		
6.15pm	Reformer Pilates	Reformer Pilates	BodyBalance	Reformer Pilates	Reformer Pilates		
7.20pm	BodyBalance	BodyBalance	Hatha Yoga	Mat Pilates	Hatha 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					
10.30am						Aqua Aerobics	
6.00pm	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics			
7.00pm	Aqua Aerobics						
Warm water pool							
8.00am	Warm Water Aqua			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