

Aqua Classes

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Aqua Aerobics 45min					
8:00am						Aqua Aerobics 45min	
9:00am			Aqua Deep 45min	Aqua Aerobics 45min			Aqua Deep 45min
9:30am	Aqua Aerobics 45min				Aqua Aerobics 45min		
10:00am		Aqua Aerobics 45min		Aqua Aerobics 45min			
10:30pm	Aqua Aerobics 45min				Aqua Aerobics 45min		
6:00pm			Aqua Aerobics 45min				

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- Class times subject to change.

Group Exercise

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			RPM 45min (LesMills)	BodyPump 45min (LesMills)	RPM 45min (LesMills)		
7:00am	Yoga 45min		Core 45min		BodyPump 45min (LesMills)		RPM 45min (LesMills)
7.45am							Grit 45min
8:30am				BodyAttack 45min (LesMills)		RPM 45min (LesMills)	BodyCombat 45min (LesMills)
9:30am	BodyPump 45min (LesMills)	Circuit 45min	BodyPump 45min (LesMills)		BodyCombat 45min (LesMills)	BodyPump 45min (LesMills)	BodyPump 45min (LesMills)
10:30am	BodyBalance 45min (LesMills)	BodyPump 45min (LesMills)		BodyBalance 45min (LesMills)	Cardio Boxing 45min	BodyBalance 45min (LesMills)	BodyBalance 45min (LesMills)
12:00pm		Pilates 45min	BodyBalance 45min (LesMills)	BodyPump 45min (LesMills)	Pilates 45min		
1:00pm		BodyPump 45min (LesMills)		BodyAttack 45min (LesMills)		BodyAttack 45min (LesMills)	Core 45min
4:00pm	Core 45min		BodyBalance 45min (LesMills)	Core 45min			
5:30pm	BodyAttack 45min (LesMills)	BodyCombat 45min (LesMills)	BodyAttack 45min (LesMills)	Zumba 45min	RPM 45min (LesMills)	BodyCombat 45min (LesMills)	
6:30pm	BodyPump 45min (LesMills)	Yoga 45min	BodyPump 45min (LesMills)	BodyBalance 45min (LesMills)	Yoga 45min		

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Functional Training

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	B Active Functional 45min	B Active Functional 45min		B Active Functional 45min			
7:30am						B Active Functional 45min	
9:00am				B Active Functional 45min			
9:30am							B Active Functional 45min
11:00am	B Active Longer 45min	B Active Longer 45min		B Active Longer 45min			
12:00am					B Active Longer 45min		
5:00pm	B Active Functional 45min		B Active Functional 45min	B Active Functional 45min			
5:30pm		B Active Functional 45min			B Active Functional 45min		
5:45pm	B Active Functional 45min		B Active Functional 45min				

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BODYPUMP

A strength-training workout that uses barbells and adjustable weights to target all major muscle groups, emphasising high repetitions and low weights for muscle endurance and toning.

BODYBALANCE

A mind-body class that incorporates elements of yoga, Tai Chi, and Pilates to improve flexibility, strength, and balance while promoting relaxation and stress reduction.

BODYATTACK

A high-energy cardio workout that combines athletic movements, such as running, jumping, and lunging, with strength and stabilisation exercises to improve overall fitness and burn calories.

BODYCOMBAT

A cardio-based martial arts-inspired workout that combines moves from various disciplines, such as karate, boxing, taekwondo, and Muay Thai, to improve cardiovascular health and coordination.

CORE

Exercising muscles around the core, this workout will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together.

YOGA

A workout for the mind, body and soul. A class with strong focus on safe alignment. We practice all styles of Yoga here and can cater to people of all abilities.

CARDIO BOXING

This class combines the fun of a traditional boxing class and functional moves together all in energy packed class. Designed to get you working to the max. We have boxing gloves supplied or you can bring your own. We do recommend bringing your own wrist wraps to protect your knuckles.

ZUMBA

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

CIRCUIT

These workouts involve a series of exercises performed in a circuit format. Participants move through a sequence of stations or exercise stations, performing a different exercise at each station for a set amount of time or number of repetitions before moving on to the next station.

RPM

A stationary indoor cycling class that simulates outdoor cycling, focusing on endurance, strength, and interval training. Participants adjust the bike's resistance to control intensity levels.

AQUA AEROBICS

This water-based class format is designed to tone and sculpt your body in our heated 25mtr pool. A popular blend of cardio and resistance training for all fitness levels.

AQUA DEEP

A great cardio workout using a buoyancy belt in our deep water 50mtr pool. This class will get you fit very quickly. Suitable for all fitness levels.

GRIT

Offers stroke correction in a friendly, social environment allowing participants to improve their swimming technique and fitness at their own pace.

PILATES

This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture.

B ACTIVE FUNCTIONAL

Experience a high-intensity session that combines cardio, strength, and functional movements that will challenge your body and ignite your metabolism. These shorter workouts will fit seamlessly into your busy schedule and are designed to maximum results in just 30 minutes

B ACTIVE LONGER

B Active Longer is a specialised program designed to help older adults stay strong, socially connected and mentally well. Through B Active Longer, older adults are supported to be more active, more often through programs that address the full spectrum of health: physical, social and mental.

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