

# Group Fitness Timetable

July 2025



## MAIN STUDIO AND REFORMER STUDIO GROUPTFITNESS CLASSES

Aquarena Main Studio Live Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	HIIT						
6.00am					Boxing Express		
8.15am		LesMills BODYBALANCE				LesMills BODYBALANCE	LesMills BODYPUMP Express
8.45am							LesMills CORE
9.15am	LesMills BODYCOMBAT	LesMills BODYPUMP Express	LesMills BODYATTACK	LesMills BODYPUMP	LesMills BODYCOMBAT		
9.30am						HIIT	Pilates
9.45am		LesMills CORE					
10.30am	LesMills BODYBALANCE	Zumba	LesMills BODYBALANCE	LesMills SHAPES		LesMills BODYPUMP	Zumba
10.45am					LesMills BODYBALANCE		
11.30am			LesMills FunctionalStrength				
11.45am						Pilates	
12.00pm					Tai Chi		
12.15pm	LesMills BODYPUMP	Pilates					
12.30pm			Zumba				
1.30pm	Momentum Ironman	Momentum Ironman		Momentum Ironman			
3.30pm							Kids Yoga (5-8yrs)
4.30pm							Kids Yoga (9-14yrs)
5.30pm	LesMills BODYBALANCE	LesMills SHAPES		LesMills BODYATTACK			
6.00pm			Core				
6.30pm	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT	LesMills BODYATTACK	Zumba		
7.30pm	Zumba	Zumba	LesMills BODYBALANCE	Pilates			

Aquarena Reformer Pilates Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am				Reformer Pilates			
7.15am		Reformer Pilates					
8.30am		Reformer Pilates	Reformer Pilates	Reformer Pilates			
9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
10.30am							
11.30am		Momentum Reformer	Momentum Reformer				
12.30pm		Momentum Reformer		Momentum Reformer			
5.30pm	Reformer Pilates	Reformer Pilates		Reformer Pilates			
6.30pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates			

## PAVILION GROUPTFITNESS CLASSES

### Aquarena Cycle & Circuit Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am					LesMills SprintCycle		
7.15am						Momentum Circuit	
8.15am						LesMills RPM	
9.30am	LesMills SprintCycle		LesMills SprintCycle	Momentum Circuit		Momentum Circuit	LesMills RPM
10.30am						Momentum Circuit	
10.45am		Momentum Circuit					
5.00pm		All Abilities					
6.15pm							
6.30pm		Cycle					
7.30pm	Momentum Circuit		Momentum Circuit				

### Aquarena Pavilion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am		Yoga Vinyasa					
8.15am				Power Yoga			Womens only Yoga
9.30am	Momentum Combo	Momentum Core	Momentum Combo	Momentum Core	Momentum Strength and tone		Yoga - Vinyasa
10.30am		Momentum New Body		Pilates			
10.45am	Momentum Easy		Momentum Easy		Momentum Conditioning		
12.15pm		Slow Flow Yoga	Yoga - Vinyasa		Yoga - Vinyasa		
2.00pm	Momentum Conditioning						
5.30pm				Boxing			
6.30pm	Yoga	Yoga Vinyasa					
6.45pm			LesMills SHAPES				
7.00pm					Womens only Mat Pilates		

 Women's only fitness classes

## AQUATIC AND OFFSITE CLASSES

Aquarena Aquatic Areas							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Oceanauts		Oceanauts		Oceanauts		
6.30am		Aquacise					
7.00am						Oceanauts	
7.15am						Aquaerobics	
7.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
8.00am		Aquanauts		Aquanauts			
8.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
9.30am	Aquacise	Aquaerobics SlowFlo WWP	Aquacise	Aquaerobics	Aquaerobics		
10.30am			SlowFlo WWP				
1.30pm	Momentum Aqua			Momentum Aqua			
7.00pm			Aqua Zumba				
7.30pm		Aquacise					

Heimat Centre – 125 George St, Doncaster					
	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am					
9.30am	Momentum Active		Momentum Combo		
10.30am				Momentum Easy	
11.30am				Momentum Strength	

Domeney Recreation Centre – Knees Road, Park Orchards					
	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	Momentum Strength				

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Try a group exercise class today!

At Active Manningham we offer a huge range of options to get active, feel good and connected. If you haven't done so already, you have to try one of our group fitness classes! Our professional group fitness instructors will welcome you into the class and support you every step of the way. Our classes are designed for all fitness and abilities levels.

Arrive early to class so you have enough time to set up your equipment & say hello to the instructor and your fellow members! For the safety & experience of yourself and other members, entry into the class more than 5 minutes late will not be permitted.

What do I need to bring to class?

- A towel is required at all classes.
- Drink bottle, to stay hydrated.
- Your own Yoga mat.

PLEASE NOTE: All momentum classes are best suited for ages 60 and above.



Scan QR Code to book class

<p><b>All Abilities</b> An inclusive and supportive class for everyone, no matter your ability. Parents, Carers and other support are welcome and encouraged to join in the fun.</p> <p><b>Aquacise</b> A combination of low &amp; high intensity cardio and water-based resistance training. Suitable for all fitness levels.</p> <p><b>Aquaerobics</b> A combination of low &amp; high intensity cardio and water-based resistance training. Suitable for all fitness levels.</p> <p><b>Aquanauts</b> Adult squad swimming program.</p> <p><b>Aqua Zumba</b> Fun, fun, fun! A dance workout in the pool! Designed to get your heart rate up all while feeling like a party! Easy to follow moves.</p> <p><b>LesMills BODYBALANCE</b> Bend &amp; stretch through a series of simple yoga moves, inspire by Tai Chi &amp; Pilates. Strengthen the entire body, leave feeling calm and centred.</p> <p><b>LesMills BODYCOMBAT</b> Punch &amp; kick your way into fitness. High-energy martial arts-inspired workout. Non-contact and easy moves to fun motivating music.</p> <p><b>Power Yoga</b> A strong, dynamic class designed to build strength, stamina, and flexibility. Not suitable for complete beginners or those with serious injuries</p>	<p><b>LesMills BODYPUMP</b> A full body workout using light to moderate weights with lots of repetition to motivational and fun music.</p> <p><b>LesMills BODYSTEP</b> Is a high intensity fun and motivating class to set to upbeat music using a mixture of free weights and steps.</p> <p><b>Boxing</b> High-intensity, full body, non-contact boxing workout. Using gloves &amp; pads.</p> <p><b>LesMills CORE</b> Build core muscle strength through a variety of exercises for the core and improves balance.</p> <p><b>Cycle</b> Freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.</p> <p><b>Gym Floor Circuit</b> Interval training, combining HIIT &amp; resistance exercises for a full body workout &amp; get the heart rate up.</p> <p><b>HIIT</b> High Intensity Interval Training (HIIT), includes circuit, Tabata, core, cardio and strength training.</p> <p><b>LesMills BODYATTACK</b> High energy fitness class. Combines running, lunging, jumping and strength exercise like squat and pushups.</p> <p><b>Kids Yoga</b> A 6-week program created to keep young minds and bodies active, mindful, and moving during the cooler months. This program begins 20 July 2025.</p>	<p><b>Momentum CORE</b> gentle and effective movements that enhance stability, balance, and overall strength.</p> <p><b>LesMills SprintCycle</b> Fast paced, freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.</p> <p><b>Momentum Active+</b> Cardio-focused for active participants. Music workouts, weights, floor exercises, soothing cooldown. Leaves you energised for the day</p> <p><b>Momentum Aqua</b> Helps joint pain, boosts mobility, gentle fitness; uses dumbbells. Good for different goals.</p> <p><b>Momentum Cardio and strength</b> Targets cardio with simple moves combined with body weight exercises followed by a relaxing stretch.</p> <p><b>Momentum Circuit</b> Strength class in circuits which include balance, core and machinery exercises. Cardio and floor exercises included.</p> <p><b>Momentum Combo</b> Instructor-picked mix - low impact, step, bands, weights, balls, bodyweight, abdominal exercises; ends with extensive stretch.</p> <p><b>LesMills SHAPES</b> Low impact workout focusing on strengthening muscles alignment and flexibility set to an epic playlist of house and disco beats. It is inspired by Pilates, Power Yoga and Barre.</p>	<p><b>Momentum Conditioning</b> Strength training with weights, bands, or body weight. Warm-up, strength exercises, floor work, improving bone strength.</p> <p><b>Momentum Easy</b> No floor exercises. Low-impact music workouts, chair-based activities, weights, bands, and balls. Ends with flexibility and rejuvenating stretches.</p> <p><b>Momentum Ironman</b> Designed for males over the age of 50 years old. Full body strength training, while getting the heart rate up.</p> <p><b>Momentum Reformer</b> A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility &amp; strength. Specifically designed for over 50's.</p> <p><b>Momentum Strength</b> Full body strengthening using weights or bands. Helps prevent osteoporosis, aids daily movements. Suitable for limited mobility.</p> <p><b>Momentum Strength and Tone</b> Cardio based full body workout using light hand weights with floor work involved.</p> <p><b>Oceanauts</b> Adult squad swimming program. Designed to prepare you for open water swims and triathlons. Focusing on distance &amp; endurance.</p>	<p><b>Pilates</b> Focus on improving flexibility, strength, core stability &amp; body awareness. Low impact, repetitive moves for a full body workout.</p> <p><b>Reformer Pilates</b> A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility &amp; strength.</p> <p><b>LesMills RPM</b> Group indoor cycling workout where you control the intensity. Fun &amp; low impact getting the heart racing. A journey of hill climbs, sprints &amp; flat riding to fun music.</p> <p><b>Momentum New Body</b> Class with light weights and old school aerobics to the beat and light weights for isolation and compound exercises, floor work for core and small stretch at the end. <b>Mat is required.</b></p> <p><b>Yoga - Vinyasa</b> Is a form of yoga asanas (postures) flows from one sequence into another with the prana (breath) followed by a short meditation.</p> <p><b>Zumba</b> Fun, fun, fun! Dance workout designed to get your heart rate up all while feeling like a party! Easy to follow moves.</p> <p><b>LesMills FunctionalStrength</b> Full-body training using squats, presses, and lifts to build strength, tone muscles, boost cardio, and improve everyday movement.</p> <p><b>Tai Chi</b> Gentle form of exercise that helps people suffering with joint pain and stiffness, blood pressure, diabetes and many more health issues. Suitable for all ages</p>
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## VIRTUAL GROUP FITNESS TIMETABLE

Virtual Classes in the Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			LESMILLS <b>BODYPUMP</b> 45'	LESMILLS <b>GRIT</b> CARDIO 30'			
6.45am	LESMILLS <b>BODYATTACK</b> 45'		LESMILLS <b>BODYBALANCE</b> 45'	LESMILLS <b>BODYATTACK</b> 45'	LESMILLS <b>CORE</b> 30'		
7.15am		LESMILLS <b>GRIT</b>   ATHLETIC 30'				LESMILLS <b>GRIT</b>   STRENGTH 30'	
7.45am	LESMILLS <b>CORE</b> 45'		LESMILLS <b>GRIT</b>   STRENGTH 30'	LESMILLS <b>BODYBALANCE</b> 45'	LESMILLS <b>DANCE</b> 45'		
12.15pm							LESMILLS <b>DANCE</b> 30'
12.30pm				LESMILLS <b>DANCE</b> 45'			
1.15pm			LESMILLS <b>DANCE</b> 45'		LESMILLS <b>DANCE</b> 45'	LESMILLS <b>DANCE</b> 45'	LESMILLS <b>BODYPUMP</b> 45'
2.00pm						LESMILLS <b>BODYATTACK</b> 45'	
2.05pm			LESMILLS <b>BODYCOMBAT</b> 45'				
3.00pm	LESMILLS <b>DANCE</b> 45'	LESMILLS <b>BODYCOMBAT</b> 45'	LESMILLS <b>BODYATTACK</b> 45'	LESMILLS <b>BODYPUMP</b> 45'	LESMILLS <b>BODYCOMBAT</b> 45'	LESMILLS <b>BODYPUMP</b> 45'	
4.00pm	LESMILLS <b>BODYCOMBAT</b> 45'	LESMILLS <b>DANCE</b> 45'		LESMILLS <b>CORE</b> 45'	LESMILLS <b>BODYATTACK</b> 45'	LESMILLS <b>BODYATTACK</b> 30'	
5.00pm			LESMILLS <b>DANCE</b> 45'			LESMILLS <b>BODYCOMBAT</b> 30'	
5.30pm					LESMILLS <b>BODYPUMP</b> 45'		LESMILLS <b>GRIT</b>   STRENGTH 30'
6.00pm						LESMILLS <b>BODYBALANCE</b> 30'	LESMILLS <b>CORE</b> 30'
6.30pm						LESMILLS <b>BODYBALANCE</b> 30'	
6.45pm							LESMILLS <b>DANCE</b> 45'
7.05pm						LESMILLS <b>CORE</b> 30'	
8.45pm	LESMILLS <b>BODYBALANCE</b> 45'	LESMILLS <b>BODYPUMP</b> 45'	LESMILLS <b>CORE</b> 45'	LESMILLS <b>DANCE</b> 45'			

Indicates 30min class    
 Indicates 45min class    
 Indicates Tutorial class    
 Indicates Beginner class

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