

Group Fitness Timetable

29 December - 4 January 2025

MAIN STUDIO AND REFORMER STUDIO GROUP FITNESS CLASSES

| Aquarena Main Studio Live Classes | | | | | | | |
|-----------------------------------|----------------------|---------------------------|-----------------------------------|------------|----------------------|----------------------|---------------------------|
| | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 | Sunday 4 |
| 8.15am | | | | Closed | | LesMills BODYBALANCE | LesMills BODYPUMP Express |
| 8.45am | | | | Closed | | | LesMills CORE |
| 9.15am | LesMills BODYCOMBAT | LesMills BODYPUMP Express | LesMills BODYATTACK | Closed | LesMills BODYCOMBAT | | |
| 9.30am | | | | Closed | | HIIT | Pilates |
| 9.45am | | LesMills CORE | | Closed | | | |
| 10.30am | LesMills BODYBALANCE | | LesMills BODYBALANCE | Closed | | LesMills BODYPUMP | Zumba |
| 10.45am | | | | Closed | LesMills BODYBALANCE | | |
| 11.30am | | | LesMills Strength and Development | Closed | | | |
| 11.45am | | | | Closed | | Pilates | |
| 12.00pm | | | | Closed | Tai Chi | | |
| 5.30pm | LesMills BODYBALANCE | LesMills SHAPES | | Closed | | | |
| 6.30pm | LesMills BODYCOMBAT | LesMills BODYPUMP | | Closed | | | |
| 7.30pm | Zumba | | | Closed | | | |

| Aquarena Reformer Pilates Studio | | | | | | | |
|----------------------------------|------------------|------------------|------------------|------------|------------------|------------------|------------------|
| | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 | Sunday 4 |
| 7.15am | | Reformer Pilates | | Closed | | | |
| 8.30am | | Reformer Pilates | Reformer Pilates | Closed | Reformer Pilates | | |
| 9.30am | Reformer Pilates | Reformer Pilates | Reformer Pilates | Closed | Reformer Pilates | Reformer Pilates | Reformer Pilates |
| 5.30pm | Reformer Pilates | | | Closed | | | |
| 6.30pm | Reformer Pilates | Reformer Pilates | | Closed | | | |

PAVILION GROUP FITNESS CLASSES

| Aquarena Cycle & Circuit Room | | | | | | | |
|-------------------------------|----------------------|------------|----------------------|------------|----------|------------------|----------------------|
| | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 | Sunday 4 |
| 8.15am | | | | Closed | | LesMills RPM | |
| 9.30am | LesMills SprintCycle | | LesMills SprintCycle | Closed | | Momentum Circuit | LesMills SprintCycle |
| 10.30am | | | | Closed | | Momentum Circuit | |
| 6.30pm | | Cycle | | Closed | | | |

| Aquarena Pavilion | | | | | | | |
|-------------------|-----------|------------|--------------|------------|----------|------------|----------------|
| | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 | Sunday 4 |
| 9.30am | | | | Closed | | | Yoga - Vinyasa |
| 6.30pm | Yoga | Yoga | | Closed | | | |

AQUATIC CLASSES

| Aquarena Aquatic Areas | | | | | | | |
|------------------------|-----------|----------------------------|--------------|------------|-------------|-------------|----------|
| | Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 | Saturday 3 | Sunday 4 |
| 7.15am | | | | Closed | | Aquaerobics | |
| 7.30am | Aquacise | | Aquacise | Closed | | | |
| 8.30am | Aquacise | Aquacise | Aquacise | Closed | Aquacise | | |
| 9.30am | Aquacise | Aquaerobics SlowFlo WWP | | Closed | Aquaerobics | | |
| 10.30am | | | SlowFlo WWP | Closed | | | |

The timetable is accurate at the time of the printing but may change. Check the website for the live and most up-to-date timetable.

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