

Group Fitness Timetable

5 January - 11 January

MAIN STUDIO AND REFORMER STUDIO GROUP FITNESS CLASSES

Aquarena Main Studio Live Classes							
	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
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		LesMills BODYBALANCE	LesMills SHAPES		LesMills BODYPUMP	Zumba
10.45am					LesMills BODYBALANCE		
11.30am			LesMills Strength and Development				
11.45am						Pilates	
12.00pm					Tai Chi		
12.15pm	LesMills BODYPUMP	Pilates					
12.30pm			Zumba				
5.30pm	LesMills BODYBALANCE	LesMills SHAPES		LesMills BODYATTACK			
6.00pm			Core				
6.30pm	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT	LesMills BODYCOMBAT	Zumba		
7.30pm	Zumba	Zumba Step	LesMills BODYBALANCE	Pilates			

Aquarena Reformer Pilates Studio							
	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
7.15am					Reformer Pilates		
8.30am		Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates
9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
11.30am		Momentum Reformer	Reformer Pilates				
12.30pm		Momentum Reformer		Momentum Reformer			
5.30pm	Reformer Pilates	Reformer Pilates					
6.30pm		Reformer Pilates					

PAVILION GROUP FITNESS CLASSES

Aquarena Cycle & Circuit Room							
	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
7.15am						Momentum Circuit	
8.15am						LesMills RPM	
9.30am	LesMills SprintCycle		LesMills SprintCycle	Momentum Circuit		Momentum Circuit	LesMills SprintCycle
10.30am						Momentum Circuit	
10.45am					Momentum Circuit		
6.30pm		Cycle					

Aquarena Pavilion							
	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
9.30am		Momentum Core		Momentum Core	Momentum Strength and tone		Yoga - Vinyasa
10.30am				Pilates			
12.15pm		Slow Flow Yoga	Yoga - Vinyasa		Yoga - Vinyasa		
2.00pm							
5.30pm				Boxing			
6.30pm	Yoga	Yoga					
7.00pm					Womens Only Mat Pilates		

AQUATIC AND OFFSITE CLASSES

Aquarena Aquatic Areas							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am						Aquaerobics	
7.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
8.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
9.30am	Aquacise	Aquaerobics SlowFlo WWP	Aquacise	Aquaerobics	Aquaerobics		
10.30am			SlowFlo WWP				

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. 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