


# Group Fitness Timetable April 2026

## Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	HIIT						
6:00am					Boxing Express		
6:30am				LesMills Strength & Dev			
7:15am						LesMills Ceremony	
8:15am		LesMills BODYBALANCE 45		Momentum Core		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 Strength & Dev	Restorative Yoga			
11:45am						Pilates	
12:00pm					Tai Chi		
12:15pm	LesMills BODYPUMP	Pilates					
12:30pm			Zumba				
1:30pm		Momentum Ironman		Momentum Ironman			
5:30pm	LesMills BODYBALANCE	LesMills SHAPES		LesMills BODYATTACK			
6:00pm			Core Express				
6:30pm	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT	LesMills BODYCOMBAT	Zumba		
7:30pm	Zumba	Zumba Step	LesMills BODYBALANCE	Pilates			

## Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am		Yoga Vinyasa					
6:30am					Sprint cycle		
7:15am						Momentum Circuit	
8:15am						Rpm	
8:30am				Rpm Express			Yoga
9:30am	Momentum Combo	Momentum Core	Sprint cycle	Momentum Circuit		Momentum Circuit	Sprint cycle
10:30am				Mat Pilates		Momentum Circuit	
10:45am	Momentum Easy	Momentum circuit	Momentum Easy		Momentum Circuit		
12.00pm	Post Natal pelvic Floor Pilates						
12:15pm		Slow Flow Yoga	Yoga Vinyasa		Yoga Vinyasa		
2:00pm	Momentum Conditioning						
5.00pm		All Abilities					
5:30pm				Boxing	Womens Only Pilates		
6:30pm	Yoga	Cycle		Womens Only Zumba			
6.45pm			Mat Pilates				
7:30pm	Momentum circuit	Slow Flow Yoga	Momentum Circuit				

 Women's only fitness classes - Class is located on the top floor of the Pavilion, with the blinds down making it a comfortable environment for women to exercise

## Reformer Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:15am			
	7:15am			7:15am		
8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am
9:30am	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am
10:30am						
	11:30am	11:30am				
	12:30pm					
5:30pm	5:30pm		5:30pm			
6:30pm	6:30pm	6:30pm	6:30pm			

## Aqua Classes – 25m and Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am					
7:30am	7:30am	7:30am	7:30am	7:30am	7:10am	
8:30am	8:30am	8:30am	8:30am	8:30am		
9:30am	9:30am	9:30am	9:30am	9:30am		
	SlowFlo WWP 9:30am	SlowFlo WWP 10:30am				
Momentum Aqua 1:30pm			Momentum Aqua 1:30pm			
		Aqua Zumba 7:00pm				
	SlowFlo WWP 7:30pm					

## Other Locations

### Aquarena's Adult Squad- Eltham Leisure Centre - 40 Brougham St, Eltham

Class at Aquarena - 25m pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		6:00am		6:00am		
	8:30am		8:30am			

### Mullum Mullum Stadium – 31 Springvale Road, Donvale

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am			Momentum Combo		Momentum strength &Tone		
10:00am	Mums & Bubs Yoga						
10:45am			Mums & Bubs Pilates		Momentum Conditioning		
12.30pm					Mat Pilates		
1:30pm	Momentum Ironman						

### Heimat Centre – 125 George Street, Doncaster

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Momentum Active	Momentum New Body	Momentum Strength		
10:30am				Momentum Easy	
11:30am				Momentum Strength	

### Domeney Recreation Centre – 52 Knees Road, Park Orchards

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Momentum Strength				

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 and 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 55 and above.




















































Scan QR Code  
to book class

# Group Fitness Timetable March 2026

## Virtual Group Fitness Classes

### Virtual Group Fitness classes - Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am			 				
6:00am							
6:45am			  				
7:00am							
7:30am							
7:45am							
8:15am							
12:15pm							
1:15pm							
1:30pm							
2:00pm							
2:15pm							
3:00pm			   				
3:15am							
4:00pm				 			
5:00pm							
5:30pm							
6:00pm							
6:30pm							
6:45pm							
7:05pm							
8:45pm	   						
9:30pm	 Stretch	 Stretch	 Stretch	 Stretch			

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

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### All Abilities

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.

### Aquacise

A combination of low & high intensity cardio and water-based resistance training. Suitable for all fitness levels.

### Aqua Zumba

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.

### LesMills BODYBALANCE

Bend & stretch through a series of simple yoga moves, inspire by Tai Chi & Pilates. Strengthen the entire body, leave feeling calm and centred.

### LesMills BODYCOMBAT

Punch & kick your way into fitness. High-energy martial arts-inspired workout. Non-contact and easy moves to fun motivating music.

### Momentum Combo

Instructor-picked mix - low impact, step, bands, weights, balls, bodyweight, abdominal exercises; ends with extensive stretch.

### LesMills SHAPES

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.

### LesMills BODYPUMP

A full body workout using light to moderate weights with lots of repetition to motivational and fun music.

### LesMills BODYSTEP

Is a high intensity fun and motivating class to set to upbeat music using a mixture of free weights and steps.

### Boxing

High-intensity, full body, non-contact boxing workout. Using gloves & pads.

### LesMills CORE

Build core muscle strength through a variety of exercises for the core and improves balance.

### Cycle

Freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.

### HIIT

High Intensity Interval Training (HIIT), includes circuit, Tabata, core, cardio and strength training.

### LesMills BODYATTACK

High energy fitness class. Combines running, lunging, jumping and strength exercise like squat and pushups.

### Zumba Step

A dance workout that feels like a party! Easy-to-follow moves that boost cardio, burn calories, and focusses on sculpting your core and legs.

### Momentum CORE

gentle and effective movements that enhance stability, balance, and overall strength.

### LesMills SprintCycle

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.

### Momentum Active+

Cardio-focused for active participants. Music workouts, weights, floor exercises, soothing cooldown. Leaves you energised for the day

### Momentum Aqua

Helps joint pain, boosts mobility, gentle fitness; uses dumbbells. Good for different goals.

### Momentum Cardio and strength

Targets cardio with simple moves combined with body weight exercises followed by a relaxing stretch.

### Momentum Circuit

Strength class in circuits which include balance, core and machinery exercises. Cardio and floor exercises included. **Mat and towel required.**

### Tai Chi

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

### Momentum Conditioning

Strength training with weights, bands, or body weight. Warm-up, strength exercises, floor work, improving bone strength.

### Momentum Easy

Low intensity chair-based class incorporating strength, cardio, balance and mobility exercises, using bodyweight, dumbbells, and bands.

### Momentum Ironman

Designed for males over the age of 50 years old. Full body strength training, while getting the heart rate up.

### Momentum Reformer

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength. Specifically designed for over 50's.

### Momentum Strength

Full body strengthening using weights or bands. Helps prevent osteoporosis, aids daily movements. Suitable for limited mobility.

### Momentum Strength and Tone

Cardio based full body workout using light hand weights with floor work involved.

### Adult Squads

Adult squad swimming program. Designed to prepare you for open water swims and triathlons. Focusing on distance & endurance.

### Pilates

Focus on improving flexibility, strength, core stability & body awareness. Low impact, repetitive moves for a full body workout.

### Reformer Pilates

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength.

### LesMills RPM

Group indoor cycling workout where you control the intensity. Fun & low impact getting the heart racing. A journey of hill climbs, sprints & flat riding to fun music.

### Momentum New Body

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. **Mat is required.**

### Yoga - Vinyasa

Is a form of yoga asanas (postures) flows from one sequence into another with the prana (breath) followed by a short meditation.

### Zumba

Fun, fun, fun! Dance workout designed to get your heart rate up all while feeling like a party! Easy to follow moves.

### Les Mills Strength & Development

Build strength, muscle, and stability with this 45-minute science-backed program using controlled movements, progressive phases, and heavier weights.