

Group Fitness Timetable Spring 2026

Studio 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	HIIT						
6:00am					Tabata HIIT		
6:15am			LesMills Strength and Dev				
8:00am							LesMills BODYPUMP Heavy
8:15am		LesMills BODYBALANCE 45		Core Combo		LesMills BODYBALANCE	
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				
11:45am						Pilates	
12:00pm					Tai Chi		
12:15pm	LesMills BODYPUMP	Pilates					
12:30pm			Zumba				
12:45pm						Zumba	
1:30pm	Momentum Ironman	Momentum Ironman		Momentum Ironman			
5:00pm				LesMills Dance			
5:30pm	LesMills BODYBALANCE	LesMills SHAPES					
5:45pm				LesMills BODYPUMP			
6:00pm			Core Express				
6:30pm	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT	LesMills BODYBALANCE	Zumba		
7:30pm	Zumba	Mat Pilates	LesMills BODYBALANCE	Pilates			

Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		Yoga Vinyasa					
6:30am					Sprint Cycle		
7:15am						Strength and Cardio Circuit	
8:15am						RPM	
8:30am							Yoga
9:30am	Momentum Combo	Core Combo	Sprint cycle	Momentum Circuit	Stretch	Strength and Cardio Circuit	Sprint Cycle
10:30am				Mat Pilates		Strength and Cardio Circuit	
10:45am	Momentum Easy	Strength and Cardio Circuit	Momentum Easy		Momentum Circuit		
11:30am				Restorative Yoga			
12:00pm	Pelvic Floor Pilates						
12:15pm		Slow Flow Yoga	Yoga Vinyasa		Yoga Vinyasa		
2:00pm	Momentum Conditioning						
4:00pm						Yoga	
5:00pm		All Abilities					
5:30pm				Strength and Cardio Circuit	Womens Only Pilates		
6:30pm	Yoga	Cycle		Womens Only Zumba	Slow Flow Yoga		
6:45pm			Mat Pilates				
7:30pm	Strength and Cardio Circuit		Strength and Cardio Circuit				

 Women's only fitness classes - These classes will now be located in Studio 2 and will no longer be entirely private. Sessions will still be held with a female instructor with female only participants.

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				10:30am		
	11:30am	11:30am				
	12:30pm		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			
		AquaZumba WWP 7:00pm				

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
9:15am	Yoga						
9:30am					Momentum Strength &Tone		
10:00am	Mums & Bubs Yoga						
10:30am					Momentum Conditioning		

Heimat Centre – 125 George Street, Doncaster

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

Domeny 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 Spring 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							
12:35pm							
1:15pm							
1:30pm							
2:00pm							
2:15pm							
3:00pm			 				
3:15am							
4:00pm							
5:00pm							
5:25pm							
6:00pm							
6:30pm							
6:45pm							
7:05pm							
8:45pm	 						
9:30pm	 Stretch	 Stretch	 Stretch	 Stretch			

 Indicates 30min class  Indicates 45min class  Indicates Beginner class

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Group Fitness Timetable

Class Descriptions

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.

Adult Squads

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

Core Combo

A low impact Pilates based core class aimed to enhance core strength, posture, mobility and flexibility. Suitable to all levels

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.

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.

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.

Les Mills DANCE

high-energy dance fitness workout featuring innovative choreography and music inspired by global dance styles. No dance experience is required.

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.

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.

LesMills Strength & Development

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

Momentum Aqua

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

Strength and Cardio 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

LesMills BodyPump Heavy

builds strength through slower, heavier lifting, controlled movements and longer recovery periods, complementing traditional Body Pump.

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 Combo

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

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.

Restorative Yoga

A gentle, relaxing yoga class focused on deep stretching, supported postures, and mindful breathing. Using props to encourage comfort and relaxation, this class helps reduce stress, release tension, improve flexibility, and promote overall well-being. Suitable for all levels.

Stretch & Release

A guided flexibility and mobility class with a series of gentle stretches targeting major muscle groups while focusing on proper breathing and body alignment.

Tabata HIIT

Short bursts of intense exercise followed by brief recovery periods. Designed to improve cardiovascular fitness, build strength, boost endurance, and maximize calorie burn in a fun and motivating environment.

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

Through guided poses, breathing techniques, and relaxation exercises, participants will enhance physical well-being while reducing stress and promoting inner calm.

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.