

# Group Fitness Classes

## TIMETABLE

FROM DECEMBER 2025

		MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
GROUP STUDIOS	6:00am	<b>Reformer</b> 45min (Sandy)	<b>Reformer</b> 45min (Sarah C)	<b>Yoga</b> 45min (Sarah S)	<b>Reformer</b> 45min (Eddie)	<b>Reformer</b> 45min (Sarah C)	<b>Yoga</b> 45min (Sarah S)	
	6:30am	<b>Boxing</b> 45min (Jaiden)	<b>HIIT</b> 45min (Jaiden)			<b>HIIT</b> 45min (Jaiden)	<b>Reformer</b> 45min (Eddie)	
	7:00am	<b>Reformer</b> 45min (Sandy)	<b>Reformer</b> 45min (Sarah C)	<b>Reformer</b> 45min (Eddie)		<b>Reformer</b> 45min (Sarah C)		
	7:30am	<b>SGT</b> 30min (Jaiden)	<b>SGT</b> 30min (Daniel)					<b>Reformer</b> 45min (Sarah C)
	8:30am							<b>Mat Pilates</b> 45min (Sarah C)
	9:30am	<b>Bootcamp</b> 45min (Daniel)	<b>Reformer</b> 45min (Sandy)	<b>Reformer</b> 45min (Sarah C)		<b>Stretch and Flex</b> 45min (Sarah C)	<b>Reformer</b> 45min (Sarah C)	<b>HIIT</b> 45min (Daniel)
	10:30am	<b>Reformer</b> 45min (Sandy)	<b>SGT</b> 30min (Daniel)	<b>Mat Pilates</b> 45min (Sarah C)	<b>SGT</b> 30min (Daniel)	<b>Reformer</b> 45min (Sarah C)	<b>SGT</b> 45min (Daniel)	<b>Reformer</b> 45min (Sarah C)
	12:30pm	<b>B-Active Longer</b> 45min (Daniel)		<b>B-Active Longer</b> 45min (Daniel)		<b>SGT</b> 30min (Daniel)	<b>B-Active Longer</b> 45min (Daniel)	
	5:30pm	<b>Reformer</b> 45min (Sandy)	<b>Stretch and Flex</b> 45min (Sarah S)	<b>Reformer</b> 45min (Sandy)		<b>SGT</b> 30min (Levi)	<b>Stretch and Flex</b> 45min (Sarah S)	<b>Reformer</b> 45min (Sandy)
	6:30pm	<b>Reformer</b> 45min (Sandy)	<b>HIIT</b> 45min (Daniel)	<b>Reformer</b> 45min (Sandy)	<b>Bootcamp</b> 45min (Daniel)	<b>HIIT</b> 45min (Daniel)	<b>Reformer</b> 45min (Sandy)	

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA	6:30am	Aqua Fit 45min (Belinda)					
	7:30am	Aqua Fit 45min (Belinda)					
	9:30am		Aqua Fit 45min (Belinda)			Aqua Fit 45min (Alex)	
	10:30am				Aqua Fit 45min (Belinda)		
	11:30am		Warm Water Aqua 30min (Belinda)		Aqua Fit 45min (Belinda)		
	12:30 pm				Warm Water Aqua 30min (Belinda)		
	3:30 pm						Aqua Fit 45min (Alex)
	5:00 pm				Aqua Fit 45min (Lindie)		
	6:00 pm				Aqua Fit 45min (Lindie)		

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## DESCRIPTIONS

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### HIIT (HIGH INTENSITY INTERVAL TRAINING)

HIIT Movements are big, involving every muscle working together, and intervals are short so you can give max effort. Suitable for intermediate to advanced fitness levels. These high intensity workouts combine cardio, free weights and functional movements.

### BOXING

Boxing classes combine strength work and cardio conditioning to strike a total body balance. Move through a series of different routines and rounds, alternating between speed and power. You will also be hitting your core with additional moves and exercises to get that final finish.

### BOOTCAMP

A bootcamp fitness class is a high-intensity group workout inspired by military training, combining cardio, strength, and bodyweight exercises often in circuits with short rests. Uses minimal or varied equipment, and aims to boost strength, endurance, and calorie burning.

### SGT (SMALL GROUP TRAINING)

A personalised workout for a small number of participants, combining bodyweight, free weights, and bands. Perfect for beginners or older adults, it blends strength and cardio while safely introducing new movements to build confidence, mobility, and overall health.

### YOGA

A flowing and meditative class, Yoga is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

### B-ACTIVE LONGER

Functional Training is a welcoming class designed for older adults who want to improve their strength, flexibility, balance, and overall wellbeing all at a pace that suits them.

### REFORMER PILATES

Resistance-based Pilates that is performed on a Reformer Pilates bed, using your body weight and set a level of resistance of the bed springs to build strength and activate your muscles. All parts of the reformer equipment and class can be adjusted for different levels of fitness and skill.

### MAT PILATES

Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

### STRETCH AND FLEX

A stretch and flexibility group fitness class is a low-impact workout designed to improve flexibility, mobility, posture, and stability. These classes are suitable for all fitness levels, including beginners, older adults, or those recovering from injury, and can be done with or without props (e.g., resistance bands, yoga blocks).

### AQUA AEROBICS

In an Aqua Aerobics class, the water provides a great cardio workout with cushioning, resistance, and support. Joints are safely supported with each exercise while working the whole body, helping to improve cardio fitness, strength, endurance, posture, and flexibility.

### WARM WATER AQUA

We also offer **warm water classes**, which take place in a heated pool designed to promote gentle movement. The warmth of the water helps increase circulation, reduce muscle stiffness, ease joint pain, and create a soothing environment that's especially beneficial for recovery, mobility, and overall wellbeing.

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