

PLEASE NOTE THAT ALL CLASSES NEED

BE BOOKED ONLINE ON THE AQUARENA

WEBSITE

GROUP FITNESS TIMETABLE

JUNE 2023

Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		HIIT					
8:15 AM						Body Balance	Body Pump Express
8:45 AM							Les Mills Core
9:15 AM	Body Combat	Body Pump Express	HIIT	Body Pump	Body Combat	HIIT	
9:30 AM							Pilates
9:45 AM		Les Mills Core					
10:30 AM	Body Balance	Zumba	Body Balance	Pilates		Body pump	Zumba
10:45AM					Body Balance		
11:30 AM							
12:15 PM	Body Pump	Pilates	Zumba	Body Balance	Les Mills Core		
1:30 PM	Momentum Ironman	Momentum Ironman		Momentum Ironman			
5:30 PM	Body Balance	Body Combat		Boxfit			
6:00PM			Core (30Mins)				
6:15PM				Body Combat (45mins)			
6:30 PM	Body Combat	Body Pump	HIIT		Zumba		
7:00PM				Body Pump Express (30mins)			
7:30 PM	Zumba	Body Balance		Les Mills Core (30mins)			

Gym Floor							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	Gym Floor Circuit		Gym Floor Circuit				

Cycle and Circuit Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM					Sprint Cycle 30		
7:15 AM						Momentum Circuit	
8:15 AM						RPM	
9:30AM	Sprint Cycle		Sprint Cycle	Momentum Circuit		Momentum Circuit	
10:30AM						Momentum Circuit	
10:45AM		Momentum Circuit					
12:15PM							
6:30 PM		Cycle					
7:30PM	Momentum Circuit		Momentum Circuit				

Aquatic						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Oceanauts		Oceanauts		Oceanauts	
7:15 AM						Aquaerobics
7:30 AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
8:30 AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
		Aquanauts		Aquanauts		
9:30 AM		Aquaerobics		Aquaerobics	Aquaerobics	Aquanauts
11:30 AM						
1:30 PM	Momentum Aqua			Momentum Aqua		
7:00pm	Evening Aqua		Aqua Zumba			

Pilates Studio (Reformer membership only)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
12:30PM		Momentum Reformer		Momentum Reformer			
5:30PM							
6:30 PM		Reformer		Reformer			

Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM		Body Balance					
9:30 AM	Momentum Combo	Momentum Core	Momentum Combo	Momentum Core	Momentum Core		Yoga - Vinyasa
10:30AM					Momentum Conditioning		
10:45 AM	Momentum Easy	Momentum Active+	Momentum Easy	Momentum March			
11:45 AM						Pilates	
12:15 PM		Slow Flow Yoga	Power Flow Yoga		Power Flow Yoga		
1:30 PM							
2:00 PM	Momentum Conditioning						
5:00 PM							
6:30 PM	Power Flow Yoga	Yoga – Vinyasa		Yoga - Yin			
7:30 PM				Pilates			

Running Group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Running Group	
6:30pm							

Offsite Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM	Momentum Active+ (H)		Momentum Combo (H)				
9:30AM	Momentum Strength (D)						
10:30AM				Momentum Easy (H)			
11:30AM				Momentum Strength (H)			

- **D – Dorney Rec Centre – Knees Road, Park Orchards**
- **H – Heimat Centre – 125 George St, Doncaster**

Important information:

- Please await email confirmation that your booking has been processed, attendance is via pre booking only,
- *Health declaration must be completed, before class attendance.
- Participants are to enter the program rooms only when the instructor is present.
- Late entry to classes more than 5 minutes after commencement is not permitted.
- Participants are required to bring own mat, large towel and water bottle.
- Participant to collect and set up own equipment
- Participant MUST clean equipment prior to returning it to storage.

