

TEMPORARY GROUP FITNESS TIMETABLE

Monday 11 - Wednesday 13 July



Online pre-bookings are essential for Group Fitness Classes.
Timetables are subject to change. Please visit our website
group fitness timetable for the latest updates.
saaquatic.ymca.org.au/fitness/group-fitness-timetable



GROUP FITNESS STUDIO

16+ These classes use weights and are not suitable for individuals aged under 16 years of age.

MON 11 JUL		TUE 12 JUL	WED 13 JUL
5:45 AM		ULTIMATE BODY STRENGTH 45 min	ULTIMATE CARDIO SCULPT 45 min
6:00 AM	BODYPUMP 45 min	16+	
7:00 AM	EPIC CARDIO 45 min 16+		
7:15 AM			
7:45 AM			
8:00 AM	MATURE MOVERS 45 min		
8:15 AM	16+	TOTAL BODY BURN 45 min	FUNCTIONAL FULL BODY CIRCUIT 45 min
9:15 AM	BUTTS, THIGHS & TUMMIES 45 min	NEW EPIC POWER 45 min	TOTAL UPPER BODY BURN 45 min
10:15 AM	TOTAL UPPERBODY BURN 45 min	NEW BODYPUMP LOW IMPACT 45 min	BUTTS, THIGHS & TUMMIES 45 min
10:30 AM			
11:15 AM		BODY BALANCE 60 min 16+	
11:30 AM			
4:00 PM			
4:30 PM			
4:45 PM			16+ BODYPUMP 45 min
5:00 PM	EPIC CARDIO 45 min	EPIC POWER 45 min 16+	
5:45 PM			ZUMBA 45 min
6:00 PM	PILATES 45 min	ZUMBA 45 min	
6:45 PM			NEW BODYATTACK 60 min
7:00 PM	TOTAL UPPER BODY BURN 45 min	VERAFLOW 60 min	

MON 11 JULY		TUE 12 JULY	WED 13 JUL
6:00 AM		AQUA (S) 60 min	AQUA (S) 60 min
	AQUA (S) 60 min		
7:45 AM			
8:00 AM	NEW AQUA BLEND (S) 45 min	NEW AQUA STRENGTH & FITNESS (S) 60 min	AQUA DANCE PARTY (S) 60 min
	AQUA (D) 60 min	AQUA (D) 60 min	NEW AQUA BOOTCAMP (D) 60 min
9:15 AM	AQUA (S) 45 min	AQUA (D) 60 min	AQUA HIIT (D) 45 min
		NEW AQUA BLAST (S) 45 min	
10:00 AM			
10:15 AM		NEW AQUA BLEND (D) 45 min	
1:00 PM			
2:00 PM			
7:00 PM	STROKE CORRECTION (D) 60 min		
7:15 PM	AQUA ZUMBA (S) 45 min		
7:00 PM		NEW AQUA ULTIMATE (S) 45 min	

CYCLE STUDIO

	MON 11 JULY	TUE 12 JULY	WED 13 JUL
5:45 AM			SPIN 45 min
6:15 AM			
7:00 AM	RPM 45 min		SPIN 45 min
7:15 AM			
8:00 AM			SPIN POWER 45 min
8:15 AM			
8:30 AM			
9:15 AM	RPM 45 min	SCHWINN 45 min	RPM 45 min
9:30 AM			
5:00 PM			
5:45 PM	SPIN ENDURANCE 90 min	SPIN 45 min	RPM 45 min

THE ZONE/CONCOURSE (LEVEL 1, BACK OF GRANDSTAND)

	MON 11 JULY	TUE 12 JULY	WED 13 JUL
7:45 AM			

WELLNESS ROOM

	MON 11 JULY	TUE 12 JULY	WED 13 JUL
5:45 AM			
7:45 AM			
8:15 AM			
9:15 AM			
10:15 AM	Some classes have been moved to the Group Fitness Studio or are unavailable. Please see check the Group Fitness Studio timetable to see if your class has been moved.		
10:45 AM			
11:15 AM			
11:45 AM			
5:00 PM			PILATES BLEND 50 min
5:15 PM			
5:45 PM			
6:00 PM			HATHA YOGA 50 min
6:45 PM			
7:00 PM			HATHA YOGA GENTLE 45 min
7:45 PM			

REFORMERS STUDIO

	MON 11 JULY	TUE 12 JULY	WED 13 JUL
5:45 AM			
6:00 AM			REFORMER CARDIO SCULPT 50 min
6:15 AM			
6:45 AM			
7:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER PILATES BLEND 50 min
7:15 AM			
8:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER POWER PILATES 50 min
9:00 AM	REFORMER POWER PILATES 50 min		
9:15 AM			REFORMER POWER PILATES 50 min
10:00 AM	REFORMER POWER PILATES 50 min		
10:15 AM		REFORMER LOWER BODY BLAST 50 min	REFORMER POWER PILATES 50 min
11:00 AM	REFORMER PILATES BLEND 50 min		
11:15 AM		REFORMER CARDIO SCULPT 50 min	REFORMER PILATES BLEND 50 min
12:15 PM		REFORMER POWER PILATES 50 min	
1:00 PM	REFORMER PILATES BLEND 50 min		
2:00 PM	REFORMER PILATES BLEND 50 min		
4:00 PM	REFORMER PILATES CARDIO SCULPT 50 min	REFORMER PILATES BLEND 50 min NEW	
5:00 PM	REFORMER LOWER BODY BLAST 50 min		
6:00 PM	REFORMER PILATES BLEND 50 min		REFORMER PILATES CARDIO SCULPT 50 min
7:00 PM			REFORMER LOWER BODY BLAST 50 min