

GROUP FITNESS TIMETABLE

14 - 20 JUNE 2021

Online pre-bookings are essential for Group Fitness Classes. The following 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 14 - 20 JUNE

16+ Must be 16+ years of age

	MON 14 JUNE (PUBLIC HOLIDAY)	TUE 15 JUNE	WED 16 JUNE	THUR 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
5:45 AM		ULTIMATE BODY STRENGTH 16+ 45 min	ULTIMATE CARDIO SCULPT 16+ 45 min	EPIC POWER 45 min 16+	TOTAL BODY ENDURANCE 45 min		
6:15 AM						ULTIMATE BODY BURNOUT 45 min 16+	
7:15 AM	EPIC CARDIO 45 min			FUNCTIONAL FULL BODY CIRCUIT 45 min 16+		BODY WEIGHT CONDITIONING 45 min	
7:45 AM					MATURE MOVERS 45 min		
8:15 AM	MATURE MOVERS 45 min	YOGA GENTLE 45 min	FUNCTIONAL FULL BODY CIRCUIT 16+ 45 min	DRU YOGA GENTLE 60 min		16+ BODYPUMP 45 min	BODYPUMP 45 min 16+
9:00 AM					BODYPUMP 16+ 60 min		
9:15 AM	BUTTS, THIGHS & TUMMIES 45 min	PILATES 60 min	TOTAL UPPER BODY BURN 45 min	PILATES, FLEX, SCULPT & TONE 60 min		BODYATTACK 45 min	PILATES, FLEX, SCULPT & TONE 45 min
10:15 AM	TOTAL UPPERBODY BURN 45 min 16+	BODYPUMP LOW IMPACT 45 min 16+	BUTTS, THIGHS & TUMMIES 45 min	BODYPUMP 16+ 60 min	LOWER BODY BLAST 45 min	BODYBALANCE 60 min	BODYBALANCE 60 min
11:15 AM		BODYBALANCE 60 min		HATHA YOGA 60 min			
11:30 AM							VERAFLOW 60 min
12:15 PM				NIDRA YOGA 30 min			
4:30 PM						RAJA YOGA 60 min	
4:45 PM			16+ BODYPUMP 45 min				
5:00 PM	BODYATTACK 45 min	EPIC POWER 16+ 45 min			ULTIMATE BODY POWER 45 min		
5:45 PM			ZUMBA 45 min	PILATES 45 min			
6:00 PM	BODYBALANCE 50 min	BUTTS, THIGHS & TUMMIES 45 min			ZUMBA 45 min		
6:45 PM			POWER BALANCE & YOGA 55 min	YOGA 45 min			
7:00 PM		PILATES, FLEX, SCULPT & TONE 60 min	POWER BALANCE & YOGA GENTLE 55 min		YOGA FOR STRESS RELIEF 60 min		
7:45 PM				MINDFUL BLISS 45 min			

WELLNESS ROOM 14 - 20 JUNE

MON 14 JUNE
(PUBLIC HOLIDAY)

TUE 15 JUNE

WED 16 JUNE

THUR 17 JUNE

FRI 18 JUNE

SAT 19 JUNE




SUN 20 JUNE

CAN'T FIND YOUR CLASS?

Check under classes listed in the Group Fitness Studio as many Wellness Room classes have moved for the event.

CYCLE STUDIO 14 - 20 JUNE

 Temporary additional class for event



	MON 14 JUNE (PUBLIC HOLIDAY)	TUE 15 JUNE	WED 16 JUNE	THUR 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
5:45 AM		SPIN 45 min	SPIN POWER 45 min	SPIN 45 min	SCHWINN 45 min		
6:15 AM						SPIN POWER 45 min	
7:15 AM	RPM 45 min	SPIN 45 min	SPIN 45 min				
8:15 AM	 SPIN POWER 45 min	 SPIN 45 min	 SPIN POWER 45 min	SPIN 45 min	SPIN POWER 45 min		
8:45 AM						RPM 45 min	
9:15 AM	RPM 45 min	SCHWINN 45 min	RPM 45 min	SPIN 45 min	SPIN POWER 45 min		SPIN 45 min
9:45 AM						RPM 45 min	
5:00 PM	SPIN ENDURANCE 90 min						
5:45 PM		SPIN 45 min	RPM 45 min	RPM 45 min			

OUTDOOR GARDEN AREA 14 - 20 JUNE

	MON 14 JUNE (PUBLIC HOLIDAY)	TUE 15 JUNE	WED 16 JUNE	THUR 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
9:15 AM		BODY WEIGHT CONDITIONING 60 min		BODY WEIGHT CONDITIONING 60 min			

AQUA 14 - 20 JUNE

 Temporary additional class for event

	MON 14 JUNE (PUBLIC HOLIDAY)	TUE 15 JUNE	WED 16 JUNE	THUR 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
6:00 AM		AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min		
7:00 AM		 AQUA (S) 55 min	 AQUA (S) 55 min	 AQUA (S) 55 min	 AQUA (S) 55 min		
8:00 AM	AQUA WINTER MEGA SPECIAL (S) 90 min	KICK, SPLASH, JAB (S) 60 min	TOTAL BODY STRENGTH (S) 60 min	AQUA (S) 60 min	TABATA GYMSTICKS (S) 60 min		
9:15 AM		TOTAL BODY STRENGTH (S) 45 min		AQUA ULTIMATE (S) 45 min	KICK, SPLASH, JAB (S) 45 min		
10:00 AM							
10:15 AM							
1:00 PM						AQUA ZUMBA (S) 45 min	AQUA (S) 50 min
2:00 PM							AQUA (S) 50 min
7:00 PM							
7:15 PM							
7:30 PM					AQUA DISCO (S) 45 min		

REFORMERS STUDIO 14 - 20 JUNE

	MON 14 JUNE (PUBLIC HOLIDAY)	TUE 15 JUNE	WED 16 JUNE	THUR 17 JUNE	FRI 18 JUNE	SAT 19 JUNE	SUN 20 JUNE
6:00 AM			REFORMER PILATES NEW 45 min	REFORMER PILATES 45 min			
6:15 AM					REFORMER PILATES 45 min		
7:00 AM			REFORMER PILATES NEW 45 min	REFORMER PILATES 45 min			
7:15 AM					REFORMER PILATES 45 min		
8:00 AM			REFORMER PILATES NEW 45 min	REFORMER PILATES 45 min			
8:15 AM	REFORMER PILATES 45 min						
9:15 AM	REFORMER PILATES 45 min		REFORMER PILATES NEW 45 min	REFORMER PILATES NEW 45 min	REFORMER PILATES 45 min	REFORMER PILATES NEW 45 min	REFORMER PILATES FOR RECOVERY NEW 45 min
10:15 AM			REFORMER PILATES NEW 45 min	REFORMER PILATES NEW 45 min	REFORMER PILATES 45 min	REFORMER PILATES NEW 45 min	REFORMER PILATES FOR RECOVERY NEW 45 min
11:15 AM			REFORMER PILATES NEW 45 min	REFORMER PILATES NEW 45 min			REFORMER PILATES FOR RECOVERY NEW 45 min
4:00 PM	REFORMER PILATES 45 min						
5:00 PM	REFORMER PILATES 45 min						
6:00 PM	REFORMER PILATES 45 min	REFORMER PILATES NEW 45 min					
7:00 PM		REFORMER PILATES NEW 45 min					