

TEMPORARY GROUP FITNESS TIMETABLE 1

Monday 4 to Sunday 10 April

Please also refer to timetable 2: Monday 11 April to Sunday 17th April + Monday 18 April (Easter inclusive)



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.

↓ TEMPORARY CHANGES FROM

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUN 10 APR
5:45 AM		16+ ULTIMATE BODY STRENGTH 45 min	ULTIMATE CARDIO SCULPT 45 min	EPIC POWER 45 min 16+	POWER PILATES 60 min		
6:00 AM	BODYPUMP 45 min 16+						
7:00 AM	EPIC CARDIO 45 min			FUNCTIONAL FULL BODY CIRCUIT 45 min			
7:15 AM						16+ ULTIMATE BODY POWER 45 min	
7:45 AM					MATURE MOVERS 45 min 16+		
8:00 AM	MATURE MOVERS 45 min 16+						
8:15 AM		FUNCTIONAL FULL BODY CIRCUIT 45 min	FUNCTIONAL FULL BODY CIRCUIT 45 min			16+ BODYPUMP 45 min	TOTAL BODY STRENGTH 45 min 16+
9:15 AM	BUTTS, THIGHS & TUMMIES 45 min	BODY WEIGHT CONDITIONING 45 min	TOTAL UPPER BODY BURN 45 min	BODY ATTACK 45 min	BODYPUMP 60 min 16+	BODYATTACK 45 min	PILATES FLEX, SCULPT & TONE 60 min
10:15 AM	TOTAL UPPERBODY BURN 45 min	BODYPUMP LOW IMPACT 45 min 16+	BUTTS, THIGHS & TUMMIES 45 min	BODYPUMP 60 min		BODYBALANCE 60 min	
10:30 AM							BODYBALANCE 60 min
10:45 AM					HATHA YOGA 60 min		
11:15 AM		BODYBALANCE 60 min					
11:30 AM						ZUMBA 60 min	VERAFLOW 60 min
4:00 PM					16+ ULTIMATE LOWER BODY SCULPT 45 min		
4:30 PM						RAJA YOGA 60 min	
4:45 PM			16+ BODYPUMP 45 min				
5:00 PM	BODY WEIGHT CONDITIONING 45 min	EPIC POWER 45 min 16+		ULTIMATE BODY STRENGTH 45 min 16+	NEW PILATES FLEX, SCULPT & TONE 45 min		
5:45 PM			ZUMBA 45 min				
6:00 PM	ULTIMATE STEP POWER 45 min	ZUMBA 45 min		BOXING 50 min	ZUMBA 45 min		
6:45 PM			POWER BALANCE 60 min				
7:00 PM	TOTAL UPPER BODY BURN 45 min	VERAFLOW 60 min		BODYATTACK 45 min	YOGA FOR STRESS RELIEF 60 min		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUNDAY
6:00 AM		AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min			
	AQUA (S) 60 min						
7:45 AM					AQUA (S) 75 min		
8:00 AM			AQUA DANCE PARTY (S) 60 min	AQUA (S) 60 min			
	AQUA (D) 60 min	AQUA (D) 60 min					
9:15 AM	AQUA (S) 45 min		AQUA HIIT (D) 45 min	AQUA ULTIMATE (S) 45 min			
10:00 AM				STROKE CORRECTION (D) 60 min			
10:15 AM				AQUA BLEND (D) 45 min			
1:00 PM						AQUA ZUMBA (S) 45 min	AQUA (S) 50 min
2:00 PM							AQUA (S) 50 min
7:00 PM	STROKE CORRECTION (D) 60 min			AQUA DANCE PARTY (S) 60 min			
7:15 PM	AQUA ZUMBA (S) 45 min						
7:00 PM					AQUA DISCO (S) 45 min		

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUNDAY
5:45 AM			NEW SPIN 45 min		SCHWINN 45 min		
6:15 AM						SPIN POWER 45 min	
7:00 AM	RPM 45 min		SPIN 45 min	SPIN POWER 45 min			
7:15 AM							
8:00 AM			SPIN POWER 45 min				SPIN ENDURANCE NEW 60 min
8:15 AM				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 POWER 45 min		
9:45 AM						RPM 45 min	
5:00 PM					SPIN 45 min		
5:45 PM	SPIN ENDURANCE 90 min	SPIN 45 min	RPM 45 min	RPM 45 min			

OUTDOOR GARDEN

↓ TEMPORARY
CHANGES FROM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUNDAY
8:00 AM		GET GROUNDED OUTDOOR YOGA 60 min					
8:15 AM						BODYBALANCE 60 min	
10:15 AM						BOX FIT 60 min	

WELLNESS ROOM

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TEMPORARY
CHANGES FROM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUNDAY
5:45 AM	Pilates Burn 45 min	HATHA YOGA 60 min					
7:45 AM				DRU YOGA GENTLE 60 min			
8:15 AM		YOGA GENTLE 45 min			Some classes have been moved to the Group Fitness Studio. Please see check the Group Fitness Studio timetable to see if your class has been moved.		
9:15 AM		PILATES 60 min	ZUMBA GOLD 60 min	PILATES FLEX, SCULPT & TONE 60 min			
10:15 AM	BODYBALANCE 60 min	MINDFUL BLISS 45 min	VERAFLOW GENTLE 60 min				
10:45 AM				HATHA YOGA 60 min			
11:45 AM				NIDRA YOGA 30 min			
5:00 PM			PILATES BLEND 50 min				
5:15 PM							
5:45 PM	PILATES 45 min			PILATES 45 min			
6:00 PM		BUTTS, THIGHS & TUMMIES 45 min	HATHA YOGA 50 min				
6:45 PM	BODYBALANCE 60 min			YOGA 45 min			
7:00 PM		PILATES FLEX, SCULPT & TONE 60 min	HATHA YOGA GENTLE 45 min				
7:45 PM				MINDFUL BLISS 45 min			

REFORMERS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI 8 APR	SAT 9 APR	SUNDAY
5:45 AM				REFORMER POWER PILATES 50 min			
6:00 AM			REFORMER CARDIO SCULPT 50 min				
6:15 AM					REFORMER CARDIO SCULPT 50 min		
7:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER PILATES BLEND 50 min	REFORMER POWER PILATES 50 min			
7:15 AM					REFORMER PILATES BLEND 50 min		
8:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER POWER PILATES 50 min	REFORMER LOWER BODY BLAST 50 min			
9:00 AM	REFORMER POWER PILATES 50 min						
9:15 AM			REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER PILATES FOR RECOVERY 50 min
10:00 AM	REFORMER POWER PILATES 50 min						
10:15 AM		REFORMER LOWER BODY BLAST 50 min	REFORMER POWER PILATES 50 min	REFORMER LOWER BODY BLAST 50 min	REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min	REFORMER PILATES FOR RECOVERY 50 min
11:00 AM	REFORMER PILATES BLEND 50 min						
11:15 AM		REFORMER CARDIO SCULPT 50 min	REFORMER PILATES BLEND 50 min	REFORMER PILATES BLEND 50 min	REFORMER POWER PILATES 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 NEW 50 min				REFORMER PILATES BLEND NEW 50 min		
5:00 PM	REFORMER LOWER BODY BLAST NEW 50 min			REFORMER PILATES BLEND 50 min			
6:00 PM	REFORMER PILATES BLEND NEW 50 min		REFORMER PILATES CARDIO SCULPT NEW 50 min	REFORMER POWER PILATES 50 min	REFORMER PILATES BLEND NEW 50 min		
7:00 PM			REFORMER LOWER BODY BLAST NEW 50 min	REFORMER CARDIO SCULPT 50 min			