

# GROUP FITNESS CLASSES

## TIMETABLE

Summer  
2026

		MON	TUE	WED	THUR	FRI
MAIN STUDIO	6:15am					BODYBALANCE Margie
	7:30am		BODYPUMP Express Tara		BODYPUMP Express Tara	
	8:30am	Circuit Abby	Prime Fusion Margie	Hi-Low Aerobics Margie	Functional Strength Abby	LES MILLS PILATES Margie
	4:30pm	BODYBALANCE Margie	LES MILLS PILATES Margie			
	5:30pm	BODYPUMP Karen	BODYSSTEP Leanne	Stretch & Core Tara	BODYPUMP Karen	
	6:30pm		Gentle Yoga Nadine			
GYM FLOOR	6:15am	Functional Weight Abby	Aerobic Cardio Margie	Strength Weight Margie	Aerobic Cardio Abby	
	4:00pm	Functional Weight Tara		Cardio Blast Tara		
W.S	5:30pm		Hatha Yoga Nadine		Gentle Yoga Justine	
AQUA	7:30am			AQUA Cardio Margie		AQUA Combo Margie
	9:30am	AQUA Deep Margie	AQUA Margie	AQUA Gentle Margie	AQUA Tabata Margie	
	6:45pm	AQUA Karen			AQUA Karen	

\*Class times subject to change.

Bookings required through the ActiveWorld app.

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## DESCRIPTIONS

**LES MILLS PILATES:** Slow, controlled movements strengthen your core, glutes, back and hips. Clear guidance helps you build good technique and control. Blended with modern breathwork, this class leaves you feeling strong, refreshed and calm.

**LES MILLS BODYBALANCE:** A yoga-based class that blends Tai Chi and Pilates to build strength, flexibility and calm. Focus on breathing while you move and stretch.

**Yoga:** A flowing, mindful class designed to improve strength, flexibility and balance. Focus on alignment and intentional movement to restore body and mind.

**Hatha Yoga:** A foundational branch of yoga using physical postures and breathing techniques to balance body, mind, and spirit, often holding poses longer for alignment and mindfulness, making it great for beginners and a base for other styles.

**Aerobic:** A heart-pumping cardio class that helps build stamina and improve overall fitness.

**Strength:** A full-body resistance training class that builds strength and helps you feel fitter and more confident.

**Prime Fusion:** Designed for over 50s, this class boosts mobility, flexibility, cardio fitness and muscle tone. It's a fun, effective way to stay healthy while enjoying the social side of group exercise.

**LES MILLS BODYSTEP:** A full-body cardio workout using simple step moves plus burpees, push-ups and light weights. Great for toning legs and burning lots of calories.

**LES MILLS BODYPUMP:** A barbell workout using light to moderate weights and high reps. Strengthen and tone your whole body with motivating music and coaching.

**Aqua:** A water-based workout that's easy on the joints while boosting cardio, strength and flexibility. The water supports, cushions and challenges your whole body.

**Stretch & Core:** Build a strong, stable core with a mix of Pilates-style moves and functional exercises. This full-body workout targets your abs, glutes and back while improving posture, balance and overall strength. Great for all fitness levels.

**Functional:** A mix of bodyweight and weighted exercises done solo or in small groups. Combines strength, cardio and core work for a balanced, effective workout.

**Circuit:** A full-body session using functional, strength and endurance exercises in a circuit format to boost mobility and overall fitness.