



GROUP FITNESS TIMETABLE

SUMMER 2026

Effective from Monday 12 January 2026

Classes and instructors are subject to change.
Always check Active World app for most up to date class schedule.

GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM				Mat Pilates	Core & More		
9:00AM					Zumba		
9:15AM	Burn It	Core & More	CONNECT30 Cardio & Core	HIIT Strength			
10:15AM	Momentum	Prime Movers	Zumba	Momentum	Body Pump		
11:15AM		Agestrong	Prime Bar	Agestrong	Prime Movers		
12:15PM					Tai Chi		
5:00PM	Zumba		Zumba				
5:30PM		Body Balance					
6:00PM			Core & More				

 All Access Class

COMMUNITY ROOM

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
9:15AM	Mat Pilates	Yogalates		Yoga			
10:15AM	Yoga	Chair Yoga	Pilates HIIT				
11:15AM			Momentum				
6:00PM	Core & More						



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ACTIVE WORLD APP
TO BOOK YOUR
GROUP FITNESS
CLASSES**