

GROUP EXERCISE CLASSES

TIMETABLE

FROM 26
JANUARY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS STUDIO	6.00AM		RPM		CYCLE			
	7.30AM						RPM	
	8.00AM	SENIORS CYCLE						
	8.30AM		MAT PILATES	MAT PILATES	VITAL MOVES <small>NEW</small>			
	9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	BODY PUMP		BODY PUMP
	10.30AM	BODY BALANCE		YOGA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
	11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE	
	12.30AM		YOGA					
	4.30PM		STRETCH & ALIGN					
	6.00PM				BODY PUMP			
	6.30PM	MAT PILATES	BODY STEP					
	7.30PM	BODY BALANCE	BODY BALANCE		YOGA			
	7.45PM			MAT PILATES				



Available to Active Adults Members



Classes flagged for low participation.

*Classes may be subject to change

knoX Leisureworks
Aquatic and Recreation Centre

GROUP EXERCISE CLASSES

TIMETABLE

FROM 26
JANUARY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM FLOOR	6.00AM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
	8.30AM						FUNCTIONAL	
	9.00AM	GROUP EXERCISE PHYSIOLOGY					FUNCTIONAL	
	9.30AM			GROUP EXERCISE PHYSIOLOGY		GROUP EXERCISE PHYSIOLOGY		
	10.00AM							
	11.30AM					SENIOR STRENGTH		
	12.00PM	GROUP EXERCISE PHYSIOLOGY		SENIOR STRENGTH <small>NEW</small>				
	4.30PM							
	5.30PM			FUNCTIONAL	BOXING <small>NEW</small>	TEEN GYM <small>NEW</small>		
	6.00PM	FUNCTIONAL		FUNCTIONAL				
	6.15PM							

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Available to Active Adults Members



Available to EP Members Only

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FROM 26
JANUARY 2026


		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA	7.00AM	AQUACISE		AQUACISE		AQUACISE	AQUACISE	
	8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE	
	9.00AM	AQUACISE	AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE		
	10.00AM	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE		
	11.15AM	AQUA FLOW				GENTLE AQUA		
	2.00PM			GROUP EXERCISE PHYSIOLOGY				
	6.30PM	DEEP WATER RUNNING		AQUACISE	GENTLE AQUA			
	7.30PM	AQUA ZUMBA						

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Please note- for Deep Water Running you must be able to swim

 Classes held in Warm Water Pool

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FROM 26
JANUARY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER STUDIO	6.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30AM						REFORMER	
	8.00AM					CLINICAL REFORMER		
	8.30AM		REFORMER TRIAL CIRCUIT				REFORMER	REFORMER
	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	10.30AM	REFORMER	REFORMER		REFORMER			REFORMER
	4.30PM	REFORMER		CLINICAL REFORMER	REFORMER	REFORMER		
	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER						



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Classes flagged for low participation.



Trialing a new style of class for 4 weeks

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