GROUP EXERCISE CLASSES
TIMETABLE

FROM
FEBUARY 9 2026

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM		RPM		CYCLE			
6:30AM					YOGA VINYASA (NEW)		
7.30AM						RPM	
8.00AM	SENIORS CYCLE						
8.30AM		MAT PILATES	MAT PILATES	VITAL MOVES (NEW)			
9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	BODY PUMP		BODY PUMP
10.30AM	BODY BALANCE		BODY BALANCE (COVER)	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE	
12.30AM							
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
FEBUARY 9 2026

GYM FLOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 NEW				
4.30PM							
5.30PM			FUNCTIONAL	BOXING NEW	TEEN GYM NEW		
6.00PM	FUNCTIONAL		FUNCTIONAL				
6.15PM							

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Classes flagged for low participation.

Available to Active Adults Members

Available to EP Members Only

Knox Leisureworks
Aquatic and Recreation Centre

GROUP EXERCISE CLASSES

TIMETABLE

FROM
FEBUARY 9 2026

AQUA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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						

*Classes may be subject to change

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

Classes held in Warm Water Pool

Available to EP Members Only

Classes flagged for low participation.

Knox Leisureworks
Aquatic and Recreation Centre

GROUP EXERCISE CLASSES

TIMETABLE

FROM
FEBUARY 9 2026

REFORMER STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
7.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
7.30AM						REFORMER	
8.00AM					CLINICAL REFORMER		
8.30AM		REFORMER CIRCUIT TRIAL				REFORMER	REFORMER
9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.30AM	REFORMER	REFORMER		REFORMER	REFORMER NEW		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						

*Classes may be subject to change

Available to EP Members Only

Classes flagged for low participation.

TRIAL Trialing a new style of class for 4 weeks

Knox Leisureworks
Aquatic and Recreation Centre