



GROUP EXERCISE CLASSES


TIMETABLE

FROM
APRIL 20 2026

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	FUNCTIONAL	RPM	FUNCTIONAL	CYCLE	FUNCTIONAL		
6.30AM					YOGA <small>NEW</small>		
7.30AM						RPM	
7.45AM	SENIORS CYCLE						
8.30AM		MAT PILATES	MAT PILATES	VITAL MOVES		YOGA <small>NEW</small> FUNCTIONAL	
9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	MAT PILATES <small>NEW</small>	FUNCTIONAL	BODY PUMP
10.30AM	BODY BALANCE		BODY BALANCE	FEELING FIT	<u>VIRTUAL</u> BODY BALANCE	BODY STEP	BODY BALANCE
11.30AM	DANCE	<u>VIRTUAL</u> BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	<u>GYM</u> SENIOR STRENGTH	BODY BALANCE	
12.00PM			<u>GYM</u> SENIOR STRENGTH				
12.30PM		YOGA VINYASA					
4.30PM		STRETCH & ALIGN					
5.30PM				BOXING			
6.00PM	FUNCTIONAL		FUNCTIONAL	BODY PUMP	FUNCTIONAL <small>NEW</small>		
6.30PM	MAT PILATES	BODY STEP	<u>VIRTUAL</u> CORE FUNCTIONAL				
7.30PM	<u>VIRTUAL</u> BODY BALANCE	BODY BALANCE		YOGA			
7.45PM			MAT PILATES				

 Available to Active Adults Members  Blue classes are held in the gym

 Classes flagged for low participation

*Classes may be subject to change

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APRIL 20 2026


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA	7.00AM	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE	AQUACISE
	8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE
	9.00AM	AQUACISE		AQUACISE	DEEP WATER RUNNING		
	10.00AM	AQUACISE		AQUACISE		AQUACISE	
	11.15AM	AQUA FLOW				GENTLE AQUA	
	2.00PM						
	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.

GROUP EXERCISE CLASSES

TIMETABLE

FROM
APRIL 20 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							
	8.30AM		REFORMER CIRCUIT				REFORMER	REFORMER
	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	10.30AM	REFORMER	REFORMER	REFORMER <small>NEW</small>	REFORMER	REFORMER <small>NEW</small>		REFORMER CIRCUIT <small>NEW</small>
	4.30PM	REFORMER			REFORMER	REFORMER		
	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER		REFORMER <small>NEW</small>				

- Reformer Circuit is a fast-paced, high-intensity interval class where you rotate through timed stations, challenging your strength, endurance, and focus.

*Classes may be subject to change

EXERCISE PHYSIOLOGY MEMBERSHIP

TIMETABLE

FROM
APRIL 20 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE PHYSIOLOGY	8AM					CLINICAL REFORMER
	9AM	GYM				
	9.30AM			GYM		GYM
	10.30AM		LADIES OF THE OUTER EAST	DVA		
	11AM					
	12PM	GYM				
	2PM	DVA		HYDROTHERAPY		
	4:30PM			CLINICAL REFORMER		

 Available to EP Members Only