

GROUP EXERCISE CLASSES

TIMETABLE

FROM
JUNE 15 2026

GROUP FITNESS STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------------------|-------------------|------------------------|---------------------|-------------------------|--------------|--------------|
| 6.00AM | FUNCTIONAL | RPM | FUNCTIONAL | CYCLE | FUNCTIONAL | | |
| 6.30AM | | | | | YOGA VINYSA | | |
| 7.30AM | | | | | | RPM | |
| 7.45AM | SENIORS CYCLE | | | | | | |
| 8.30AM | | MAT PILATES | MAT PILATES | VITAL MOVES | MAT PILATES | FUNCTIONAL | |
| 8.45 AM | | | | | | YOGA VINYASA | |
| 9.30AM | LES MILLS TONE | MAT PILATES | BODY PUMP | LES MILLS CORE | | FUNCTIONAL | BODY PUMP |
| 10.30AM | BODY BALANCE | | BODY BALANCE | FEELING FIT | VIRTUAL BODY BALANCE | BODY STEP | BODY BALANCE |
| 11.30AM | DANCE | PRIME MOVERS | ZUMBA GOLD | MINDFUL MOVEMENT | GYM SENIOR STRENGTH | BODY BALANCE | |
| 12.00PM | | | GYM SENIOR STRENGTH | | | | |
| 12.30PM | | YOGA VINYASA SLOW | | | | | |
| 5.30PM | | | | BOXING | | | |
| 6.00PM | FUNCTIONAL | | FUNCTIONAL | BODY PUMP | FUNCTIONAL | | |
| 6.30PM | MAT PILATES | BODY STEP | VIRTUAL CORE | FUNCTIONAL | | | |
| 7.30PM | VIRTUAL BODY BALANCE | BODY BALANCE | | SLOW FLOW YOGA | | | |
| 7.45PM | | | MAT PILATES | | | | |



Available to Active Adults Members



Blue classes are held on the gym floor



Classes flagged for low participation

*Classes may be subject to change

GROUP EXERCISE CLASSES


TIMETABLE

FROM
JUNE 15 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 | AQUACISE | |
| | 10.00AM | AQUACISE | | AQUACISE | | AQUACISE | |
| | 11.15AM | AQUA FLOW | | | | GENTLE AQUA | |
| | 6.30PM | DEEP WATER RUNNING | | AQUACISE | GENTLE AQUA | | |
| | 7.30PM | AQUA ZUMBA | | | | | |

 Classes held in Warm Water Pool

 Available to EP Members Only

 Classes flagged for low participation.

*Classes may be subject to change
Please note- for Deep Water Running you must be able to swim

GROUP EXERCISE CLASSES

TIMETABLE

FROM
JUNE 15 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-----------------|-------------------|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------|
| REFORMER STUDIO | 6.00AM | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | | |
| | 7.00AM | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | REFORMER ALIGN | | |
| | 7.30AM | | | | | CONTEMPORARY REFORMER | | |
| | 8.00AM | | | | | | | |
| | 8.30AM | | REFORMER CIRCUIT | | | CONTEMPORARY REFORMER | CLASSIC REFORMER | |
| | 9.30AM | CLASSIC REFORMER | INTERMEDIATE REFORMER | REFORMER ALIGN | INTERMEDIATE REFORMER | CLASSIC REFORMER | CONTEMPORARY REFORMER | CLASSIC REFORMER |
| | 10.30AM | FOUNDATION REFORMER | INTERMEDIATE REFORMER | REFORMER ALIGN | INTERMEDIATE REFORMER | REFORMER CIRCUIT | | CLASSIC REFORMER |
| | 4.30PM | REFORMER ALIGN | | | CLASSIC REFORMER | REFORMER ALIGN | | |
| | 5.30PM | REFORMER ALIGN | CLASSIC REFORMER | CONTEMPORARY REFORMER | CLASSIC REFORMER | REFORMER ALIGN | | |
| | 6.30PM | REFORMER ALIGN | CLASSIC REFORMER | CONTEMPORARY REFORMER | CLASSIC REFORMER | REFORMER ALIGN | | |
| 7.30PM | REFORMER ALIGN | | CONTEMPORARY REFORMER | | | | | |



Classes flagged for low participation.

*Classes may be subject to change

EXERCISE PHYSIOLOGY MEMBERSHIP

TIMETABLE

FROM
JUNE 15 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