

GROUP FITNESS STUDIO

TIMETABLE

FROM
14 SEPT 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP EXERCISE	6.00AM	LES MILLS BODY PUMP (V)	LES MILLS RPM	LES MILLS BODY PUMP HEAVY New!	CYCLE	LES MILLS BODY COMBAT (V)		
	7.30AM		LES MILLS BODY BALANCE (V)	LES MILLS RPM New!		LES MILLS CORE (V)	LES MILLS RPM	
	7.45AM	SENIORS CYCLE						LES MILLS CORE (V)
	8.30AM		LES MILLS CORE (V)		VITAL MOVES		ZUMBA New!	
	9.30AM	LES MILLS TONE	LES MILLS BODY STEP New!	LES MILLS BODY PUMP	DANCE New!	LES MILLS BODY PUMP HEAVY New!	LES MILLS BODY STEP CHANGE	LES MILLS BODY PUMP
	10.30AM	LES MILLS BODY BALANCE	LES MILLS BODY PUMP New!	LES MILLS BODY BALANCE	FEELING FIT	LES MILLS RPM New!	LES MILLS BODY BALANCE CHANGE	LES MILLS BODY BALANCE
	11.30AM	DANCE	PRIME MOVERS	ZUMBA GOLD	MINDFUL MOVEMENT	ZUMBA GOLD New!		
	5.30PM		LES MILLS BODY PUMP (V) New!	LES MILLS BODY COMBAT New!		LES MILLS BODY PUMP (V)	LES MILLS BODY COMBAT (V)	LES MILLS BODY BALANCE (V)
	6.00PM	LES MILLS BODY PUMP HEAVY			LES MILLS BODY PUMP			
	6.30PM		LES MILLS BODY STEP New!	LES MILLS BODY PUMP New!		ZUMBA New!	LES MILLS BODY BALANCE (V)	
	7.00PM	LES MILLS BODY COMBAT			LES MILLS CORE (V)			
	7.30PM		LES MILLS BODY BALANCE					

*Classes may be subject to change

Available to Active Adults Members

Denotes Les Mills Virtual Classes (V)
Please note that popular virtual classes may have the opportunity to become physical classes in the future if well attended.

Leisureworks
KNOX Aquatic and Recreation Centre

EXTERNAL WELLNESS STUDIO

TIMETABLE

FROM
14 SEPT 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS	6.00AM	YOGA VINYASA						
	8.30AM		MAT PILATES	MAT PILATES		MAT PILATES		
	8.45 AM						YOGA VINYASA	
	9.30AM		MAT PILATES					
	10.30AM							
	12.30PM		YOGA VINYASA SLOW					
	5.30PM							
	6.30PM	MAT PILATES		MAT PILATES				
	7.30PM				SLOW FLOW YOGA			



*Classes may be subject to change

 Available to Active Adults Members

KNOX Leisureworks
Aquatic and Recreation Centre

GYM FLOOR

TIMETABLE

FROM
14 SEPT 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM	6.00AM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
	6.30AM							
	7.30AM							
	8.30AM						FUNCTIONAL	
	9.30AM						FUNCTIONAL	
	10.30AM							
	11.30AM					SENIOR STRENGTH		
	12.00PM			SENIOR STRENGTH				
	12.30PM							
	5.30PM				BOXING			
	6.00PM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
	6.30PM			FUNCTIONAL				
	7.30PM							

Available to Active Adults Members

*Classes may be subject to change

AQUATIC EXERCISE CLASSES

TIMETABLE

FROM
14 SEPT 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

*Classes may be subject to change

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

REFORMER PILATES CLASSES

TIMETABLE

FROM
14 SEPT 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS STUDIO	6.00AM	MOMENTUM	ALIGN	MOMENTUM	MOMENTUM	MOMENTUM		
	7.00AM	MOMENTUM	ALIGN	MOMENTUM	MOMENTUM	MOMENTUM		
	7.30AM						MOMENTUM	
	8.00AM							
	8.30AM		CIRCUIT				MOMENTUM	CLASSIC
	9.30AM	CLASSIC	ALIGN	CLASSIC	ALIGN	CLASSIC	MOMENTUM	CLASSIC
	10.30AM	CLASSIC	ALIGN	CLASSIC	ALIGN	CIRCUIT		CLASSIC
	4.30PM	MOMENTUM	CLASSIC	New!		MOMENTUM		
	5.30PM	MOMENTUM	CLASSIC	MOMENTUM	CLASSIC	MOMENTUM		
	6.30PM	CLASSIC	CLASSIC	MOMENTUM	CLASSIC	MOMENTUM		
	7.30PM	CLASSIC		MOMENTUM				

*Classes may be subject to change

EXERCISE PHYSIOLOGY MEMBERSHIP

TIMETABLE

FROM
14 SEPT 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