

# GROUP FITNESS TIMETABLE

FROM JULY 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEALTH CLUB	06:05AM	HIGH ENERGY CIRCUIT with Henry	LES MILLS BODY PUMP with Nat	HIGH ENERGY CIRCUIT with Henry	LES MILLS RPM with Nat	HIGH ENERGY CIRCUIT with Henry		
	07:30AM			WONDER WOMAN with Mel		WONDER WOMAN with Mel		
	08:05AM						LES MILLS BODY PUMP with Nat	
	08:30AM				WONDER WOMAN with Mel			
	09:00AM						LES MILLS RPM with Nat	VINYASA YOGA with Zoe
	09:10AM	LES MILLS BODY PUMP with Nat	LES MILLS RPM with Nat	H.I.I.T with Skye		LES MILLS BODY PUMP with Nat		
	09:30AM							
	09:45AM			CORE & MORE with Skye	POWER YOGA with Zoe			
	10:00AM	LES MILLS RPM with Nat	LES MILLS CORE with Nat			LES MILLS CORE with Nat	ZUMBA with Josie	YIN YOGA with Zoe
	10:30AM		VINYASA YOGA with Zoe	MOVE & STRETCH with Zoe		BODY SCULPT with Skye		
	10:45AM				PILATES with Prue			
	10:50AM	CORE & MORE with Skye						
	11:30AM	PILATES with Les	PILATES with Prue	PILATES with Les		PILATES with Les		
	1:30PM	MOVE TO IMPROVE with Di		MOVE TO IMPROVE with Di	MOVE TO IMPROVE with Denham			
	6:00PM	HIGH ENERGY CIRCUIT with Henry	STRENGTH & CARDIO with Di	HIGH ENERGY CIRCUIT with Henry	BODY BLAST with Di			
	7:00PM	PILATES with Prue	PILATES with Les	CORE & MORE with Henry	HATHA YOGA with Robert			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM FLOOR	6:15AM		FUNCTIONAL TRAINING with Juliette		FUNCTIONAL TRAINING with Juliette			
	8:15AM						BOOTCAMP with Henry	
	12:30PM	SENIOR CIRCUIT with Di		SENIOR CIRCUIT with Di				
	3:30PM	TEEN GYM: 2 hours of supervised gym access for 13- 5 year olds with instructor guided programming						
	6:15PM					FUNCTIONAL TRAINING with Mitch		
	7:15PM			FUNCTIONAL TRAINING with Denham				
	7:30PM	FUNCTIONAL TRAINING with Di						

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AQUATICS	7:30AM		AQUA FOR ALL with Di					
	8:30AM	AQUA FIT with Di	AQUA FIT with Wendy	AQUA FIT with Mel	AQUA FOR ALL with Di	AQUA FIT with Mel		
	9:30AM	AQUA FIT with Mel	AQUA HIIT with Skye	AQUA FIT with Di	AQUA FIT with Mel	AQUA FIT with Di		

\*At times program bookings may interrupt regular scheduling. We will do our best to notify members ahead of time if there are any interruptions.

\*Class times are subject to change

Monbulk Aquatic Centre