

*PLEASE NOTE THAT ALL CLASSES NEED

BE BOOKED ONLINE ON THE AQUARENA

WEBSITE

GROUP FITNESS TIMETABLE APRIL 2022

Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Boxfit		Body Pump	Boxfit		
6:30AM	Functional Training						
8:15 AM						Body Balance	
9:15 AM	Cardio Combat	Body Barbell	Body Pump	Body Pump	Boxfit	HIIT	Pilates
10:30 AM	Body Balance	Total Tone	Body Balance	Pilates	Body Balance	Body pump Pilates	Zumba
11:30 AM							
12:15 PM	Body Pump	Pilates	Zumba	Body Balance	Legs, Butts and Abs		
1:30 PM	Momentum Ironman	Momentum Ironman		Momentum Ironman			
5:30 PM	Boxfit	HIIT	Cardio Combat	Total Tone	Pilates		
6:30 PM	Hatha Yoga	Body Pump	HIIT/Core	Boxfit	Zumba		
7:30 PM	Zumba	Pilates					
7:45 PM				Pilates			

Cycle and Circuit Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM						Cycle	
9:30AM				Momentum Circuit		Momentum Circuit	
10:30AM						Momentum Circuit	
6:30 PM		Cycle		Cycle			
7:30PM	Momentum Circuit		Momentum Circuit				

Aquatic						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Oceanauts		Oceanauts		Oceanauts	
7:15 AM						Aquacise
7:30 AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
8:30 AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
		Aquanauts		Aquanauts		
9:30 AM		Aquaerobics		Aquaerobics	Aquaerobics	Aquanauts
11:30 AM	Hydrotherapy					
1:30 PM	Aquacise		Hydrotherapy	Aquacise		
6:30pm	Aquacise		Aqua Zumba			

Pilates Studio (Reformer membership only)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	Reformer		Reformer			Reformer	
1:30pm		Reformer		Reformer			
6:30 PM		Reformer		Reformer			

Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM							
9:30 AM	Momentum Combo	Momentum Core	Momentum Active+	Momentum Core	Momentum Core		
10:45 AM	Momentum Easy	Momentum Active+	Momentum Combo	Momentum Combo	Momentum Condition		
12:15 PM			Hatha Yoga		Hatha Yoga		
1:30 PM							
2:00 PM	Momentum Conditioning						
5:00PM							
5:15 PM							
6:30 PM							
7:30PM							

Offsite Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM	Momentum Active+ (H)		Momentum Combo (H)				
9:30AM	Momentum Strength (D)						
10:30AM				Momentum Easy (H)			
11:30AM				Momentum Strength (H)			

- **D – Dorney Rec Centre – Knees Road, Park Orchards**
- **H – Heimat Centre – 125 George St, Doncaster**

Important information:

- Please await email confirmation that your booking has been processed, attendance is via pre booking only,
- *Health declaration must be completed, before class attendance.
- Participants are to enter the program rooms only when the instructor is present.
- Late entry to classes more than 5 minutes after commencement is not permitted.
- Participants are required to bring own mat, large towel and water bottle.
- Participant to collect and set up own equipment
- Participant MUST clean equipment prior to returning it to storage.



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