

# Group Fitness Timetable: Instructor-led & Virtual

Commencing 10 December 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SPIN				ENERGIZE		
7:00am			YOGA				
9:15am	LES MILLS TONE	ENERGIZE	BODYPUMP HEAVY	STEP	BODYPUMP		
10:30am		SUPERMOVERS (Gym & GFR)	PILATES	SUPERMOVERS (Gym & GFR)	YOGA		
12:00pm		POWER STEP	LIFT & SPIN	BOOTCAMP			
1:00pm				YOGALATES			
5:30pm	BODYPUMP HEAVY	YOGA	SPIN	YOGA			
6:30pm	STEP						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		BODYPUMP	CORE	RPM			
8:00am	BALANCE	GRIT CARDIO		DANCE	SPRINT		
8:05am			CORE		RPM	BODYPUMP	
9:00am					BODYPUMP	RPM	
10:00am					GRIT ATHLETIC	CORE	
10:35am	RPM					BALANCE	
11:00am					BALANCE		
12:00pm	GRIT STRENGTH			CORE			
1:00pm	CORE	BODYPUMP	DANCE	BALANCE			
4:30pm	BALANCE	CORE	BODYPUMP	RPM	DANCE		
5:30pm							
6:30pm			BALANCE				

## About the Group Fitness classes

These classes are held in the Group Fitness room with:

- One of our qualified instructors, or
- Virtually with a world class Les Mills video workout



### Abbreviations:

- Balance = Bodybalance

To ensure classes are safe for everyone, please abide by the following conditions of entry:

- Please advise instructor before class if you are pregnant or injured
- Please bring a towel, water bottle (no glass) and wear appropriate clothing and footwear

This timetable is subject to change without warning. Please book into classes online to guarantee your spot and to receive any class changes.

To sign up or book online, visit

<https://membership.amrshire.wa.gov.au/Group> or scan the QR code.



# Group Fitness Timetable: Gym, Courts, Outdoors & Pool

Commencing 10 December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am			CIRCUIT	OUTDOOR		
7:00am		TEEN GYM		TEEN GYM		
8:00am			SUPERMOVERS			CIRCUIT
8.30am			PICKLEBALL (1.5HRS)			
9:00am					PICKLEBALL (1.5 HRS)	
9.30am	PICKLEBALL (1.5HRS)					
10:00am	SFL			SFL		
10:30am		SUPERMOVERS (Gym & GFR)		SUPERMOVERS (Gym & GFR)		
1:30pm	SFL		SFL			
3:30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
6.00pm			PICKLEBALL (1.5HRS)			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	AQUA		AQUA		AQUA	
8:00am		S REHAB		S REHAB		
10:30am	AQUA		AQUA			
5:30pm				AQUA DEEP		

## About the classes

These classes are held in the:

- Gym, court and outdoors
- Aquatic Centre pool



### Abbreviations:

- SFL = Strength for Life
- S Rehab = Supervised Rehab

To ensure classes are safe for everyone, please abide by the following conditions of entry:

- Please advise instructor before class if you are pregnant or injured
- Please bring a towel, water bottle (no glass) and wear appropriate clothing and footwear

This timetable is subject to change without warning. Please book into classes online to guarantee your spot and to receive any class changes.

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