

# Group Fitness Timetable: Instructor-led & Virtual

Commencing July 2026

|         | Monday         | Tuesday                 | Wednesday          | Thursday                | Friday     | Saturday | Sunday |
|---------|----------------|-------------------------|--------------------|-------------------------|------------|----------|--------|
| 6:00am  | SPIN           |                         | FUNCTIONAL FITNESS |                         | ENERGIZE   |          |        |
| 7:00am  |                |                         |                    | VINYASA YOGA            |            |          |        |
| 8:05am  |                |                         | HI-LO              |                         |            |          |        |
| 9:15am  | BODYPUMP       | STEP                    | BODYPUMP HEAVY     | LES MILLS TONE          | BODYPUMP   |          |        |
| 10:30am | PILATES        | SUPERMOVERS (Gym & GFR) | PILATES            | SUPERMOVERS (Gym & GFR) | HATHA YOGA |          |        |
| 12:00pm |                |                         | LIFT & SPIN        | THUMP                   |            |          |        |
| 1:00pm  |                |                         |                    | YOGALATES               |            |          |        |
| 5:30pm  | SLOW FLOW YOGA | BODYPUMP HEAVY          | YIN YOGA           | STEP                    |            |          |        |

|         | Monday        | Tuesday     | Wednesday | Thursday | Friday  | Saturday | Sunday   |
|---------|---------------|-------------|-----------|----------|---------|----------|----------|
| 6:00am  |               | BODYPUMP    |           | RPM      |         |          |          |
| 8:05am  | BALANCE       | GRIT CARDIO |           | CORE     |         | RPM      | BODYPUMP |
| 9:00am  |               |             |           |          |         | BODYPUMP | RPM      |
| 10:00am |               |             |           |          |         | CORE     | CORE     |
| 10:35am |               |             |           |          |         | BALANCE  | BALANCE  |
| 12:00pm | GRIT STRENGTH | SPRINT      |           |          | CORE    |          |          |
| 1:00pm  | CORE          | BODYPUMP    | DANCE     |          | BALANCE |          |          |
| 4:30pm  | RPM           | CORE        | BODYPUMP  | RPM      | DANCE   |          |          |

## 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

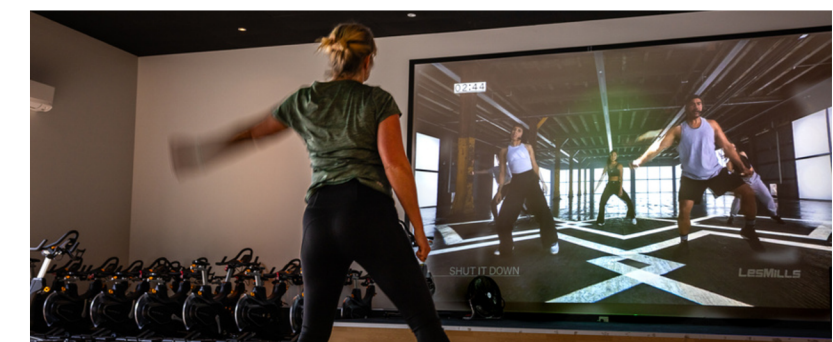
To ensure classes are safe for everyone, please abide by the following conditions of entry:

- 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,  
[membership.amrshire.wa.gov.au/Group](https://membership.amrshire.wa.gov.au/Group)

Scan to book



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

Commencing July 2026

|         | Monday                     | Tuesday  | Wednesday                  | Thursday                | Friday | Saturday |
|---------|----------------------------|----------|----------------------------|-------------------------|--------|----------|
| 6:00am  |                            |          |                            | CIRCUIT                 |        |          |
| 7:00am  | TEEN GYM                   |          | TEEN GYM                   |                         |        |          |
| 8:00am  | SUPERMOVERS                |          |                            |                         |        | CIRCUIT  |
| 8:30am  | PICKLEBALL<br>(1.5HRS)     |          |                            |                         |        |          |
| 9:00am  |                            |          |                            | PICKLEBALL<br>(1.5 HRS) |        |          |
| 9:30am  | PICKLEBALL<br>(1.5HRS)     |          |                            |                         |        |          |
| 10:00am | SFL                        |          |                            |                         | SFL    |          |
| 10:30am | SUPERMOVERS<br>(Gym & GFR) |          | SUPERMOVERS<br>(Gym & GFR) |                         |        |          |
| 1:30pm  | SFL                        | SFL      |                            |                         |        |          |
| 3:30pm  | TEEN GYM                   | TEEN GYM | TEEN GYM                   | TEEN GYM                |        |          |
| 5:30pm  | PICKLEBALL<br>(1.5HRS)     |          |                            |                         |        |          |

|         | Monday  | Tuesday | Wednesday | Thursday  | Friday | Saturday |
|---------|---------|---------|-----------|-----------|--------|----------|
| 7:30am  | AQUA    | AQUA    |           | AQUA      |        |          |
| 8:00am  | S REHAB |         | S REHAB   |           |        |          |
| 10:30am | AQUA    | AQUA    |           |           |        |          |
| 5:15pm  |         |         |           | 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

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