SHIRE OF AUGUSTA MARGARET RIVER
RECREATION CENTRE

Group Fitness Timetable: Instructor-led & Virtual

Commencing November 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	PILATES (Fortnightly)	
10:30am	PILATES	SUPERMOVERS (Gym & GFR)	PILATES	SUPERMOVERS (Gym & GFR)	HATHA YOGA		
12:00pm			LIFT & SPIN	THUMP			
1:00pm				YOGALATES			
5:15pm	BODYPUMP HEAVY	SPIN					
5:30pm			YIN YOGA	STEP			
6:30pm	SLOW FLOW YOGA						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		BODYPUMP		RPM			
8:05am	BALANCE	GRIT CARDIO		CORE		RPM	BODYPUMP
9:00am						BODY BALANCE (Fortnightly)	RPM
10:00am						CORE	CORE
10:35am						BODYPUMP	BALANCE
11:20am						CORE	
12:00pm	GRIT STRENGTH	SPRINT			CORE		
1:00pm	CORE	BODYPUMP	DANCE		BALANCE		
4:15pm	RPM						
4:30pm		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

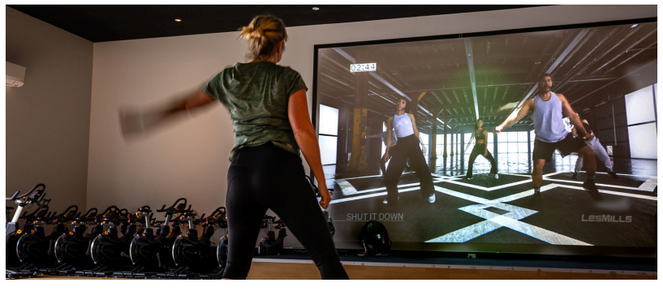
To ensure classes are safe for everyone, please abide by the following conditions of entry:

- 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

Scan to book



SHIRE OF AUGUSTA MARGARET RIVER
RECREATION CENTRE

Group Fitness Timetable: Gym, Courts, Outdoors & Pool

Commencing November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am				CIRCUIT		
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)		
1:00pm	TABLE TENNIS* 1pm-3pm Margaret River					
1:30pm	SFL		SFL			
3:30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
4:30pm					TABLE TENNIS* 4.30pm-6.30pm Margaret River	
7:00pm		PICKLEBALL (1.5HRS)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	AQUA		AQUA		AQUA	
8:00am		S REHAB		S REHAB		
10:30am	AQUA		AQUA			
5:15pm				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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*Table Tennis at Augusta Rec Centre is held on Tuesdays & Thursdays from 10:30am - 12:00pm.

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