

# Temporary Group Fitness Timetable: Instructor-led & Virtual

Commencing 23 February to 23 March 2026



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



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

Commencing 23 February to 23 March 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)				SFL	
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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