

Group Fitness Timetable: Instructor-led & Virtual

Commencing May 2026



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
 or scan the QR code.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SPIN			METAFIT	ENERGIZE		
7:00am			YOGA				
8:05am			HI-LO				
9:15am	ENERGIZE	LES MILLS TONE	BODYPUMP HEAVY	STEP	BODYPUMP		
10:30am	PILATES	SUPERMOVERS (Gym & GFR)	PILATES	SUPERMOVERS (Gym & GFR)	YOGA		
12:00pm			LIFT & SPIN	BOOTCAMP			
1:00pm				YOGALATES			
5:30pm	BODYPUMP HEAVY	YOGA	SPIN	YOGA			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		BODYPUMP	CORE				
8:05am	BALANCE	GRIT CARDIO		DANCE	SPRINT	RPM	BODYPUMP
9:00am						BODYPUMP	RPM
10:00am						GRIT ATHLETIC	CORE
10:35am							BALANCE
11:00am						BALANCE	
12:00pm	GRIT STRENGTH	COMBAT			CORE		
1:00pm	CORE	BODYPUMP	DANCE		BALANCE		
4:30pm	BALANCE	CORE	BODYPUMP	RPM	DANCE		
5:30pm							
6:30pm		SPRINT	BALANCE	GRIT STRENGTH			

Group Fitness Timetable: Gym, Courts, Outdoors & Pool

Commencing May 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)					
1:30pm	SFL	SFL				
3:30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5.30pm	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:

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