

GROUP FITNESS TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group X - Ground Floor	5:30am - 6:30am Max NRG	5:30am - 6:15am BODYPUMP®	5:30am - 6:25am Max NRG	5:30am - 6:00am HIIT NRG	5:30am - 6:25am BODYPUMP®	T 7:30am - 8:15am CardioBox	T 8:00am - 8:55am BODYSTEP®
	S 7:30am - 8:25am Active Circuit	S 7:30am - 8:25am Active MindBody	T 7:30am - 8:15am SHAPES™	T 6:00am - 6:30am Pure Abs Express	S 7:30am - 8:25am Active Cardio	T 8:30am - 9:25am BODYSTEP®	T 9:00am - 9:55am BODYCOMBAT®
	8:30am - 9:25am BODYPUMP®	8:30am - 9:25am Max NRG	8:30am - 9:25am 50:50 Weights: Step	S 7:30am - 8:25am Active Pilates	T 8:30am - 9:25am BODYCOMBAT®	T 9:30am - 10:25am BODYCOMBAT®	10:00am - 10:55am BODYPUMP®
	T 9:30am - 10:25am BODYCOMBAT®	9:30am - 10:25am 50:50 Weights: Step	9:30am - 10:25am TotalBDY	T 8:30am - 9:25am Step Cardio	9:30am - 10:25am Max NRG	T 10:30am - 11:25am BODYBALANCE®	
	S 10:30am - 11:25am Active Strength	10:30am - 11:25am TotalBDY	10:30am - 11:25am BODYPUMP/ HEAVY™	9:30am - 10:25am Freestyle Weights	T 10:30am - 11:15am SHAPES™	T 11:30am - 12:15pm Club Fiesta	
	S 11:30am - 12:25pm Active Cardio	S 11:30am - 12:25pm Breathe & Balance	S 11:30am - 12:25pm Active Balance	S 10:25am - 11:25am Active Strength	S 11:30am - 12:25pm Active Balance	2:00pm - 2:55pm* BODYPUMP/ HEAVY™	
	T 4:30pm - 5:25pm ABT	T 4:30pm - 5:15pm SHAPES™	S 12:30pm - 1:25pm Active Cardio	4:30pm - 5:25pm BODYPUMP®	5:30pm - 6:25pm BODYPUMP®		
	5:30pm - 6:25pm BODYPUMP®	T 5:30pm - 6:15pm** Club Fiesta	4:30pm - 5:25pm TotalBDY	5:30pm - 6:25pm Max NRG	T 5:30pm - 6:30pm** Club Fiesta		
	T 6:30pm - 7:15pm Club Fiesta	6:30pm - 7:25pm* BODYPUMP/ HEAVY™	T 5:30pm - 6:25pm BODYCOMBAT®				
Cycle Studio - Ground Floor	T 9:00am - 9:30am HIIT 30 Cycle	T 5:30am - 6:25am Cycle	T 8:45am - 9:30am Cycle 45	T 9:00am - 9:30am HIIT 30 Cycle	T 5:30am - 6:25am Cycle	T 8:00am - 8:55am Cycle	T 9:00am - 9:30am HIIT 30 Cycle
	T 4:30pm - 5:15pm Cycle 45	T 9:00am - 9:30am HIIT 30 Cycle	T 5:30pm - 6:00pm HIIT 30 Cycle	T 5:40pm - 6:25pm Cycle	T 9:00am - 9:30am HIIT 30 Cycle	T 9:00am - 9:30am HIIT 30 Cycle	T 9:40am - 10:10am HIIT 30 Cycle
	T 5:30pm - 6:00pm HIIT 30 Cycle	T 5:30pm - 6:15pm Cycle	T 6:15pm - 6:45pm HIIT 30 Cycle				
	T 6:15pm - 6:45pm HIIT 30 Cycle						
Aquatic Centre	S 7:30am - 8:30am Aqua Deep	S 7:30am - 8:30am Aqua Shallow	S 7:30am - 8:30am Aqua Deep	S 7:30am - 8:30am Aqua Shallow	S 7:30am - 8:30am Aqua Deep	S 9:15am - 10:15am Aqua Fitness	S 9:15am - 10:15am Aqua Fitness

*Fortnightly
**First Sunday of every month

Aqua
Cardio
Mind & Body
Sculpt & Strengthen
Cycle
T Teen-friendly
S Senior-friendly

Class times may vary due to events or public holidays. For the latest group fitness timetable and class descriptions visit arenajoondalup.com.au/gym

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GROUP FITNESS TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness Studio - 1st Floor	T 9:40am - 10:10am Pure Abs Express	T 10:00am - 10:55am Yoga	T 10:30am - 11:25am Pilates Matwork	T 10:30am - 11:25am BODYBALANCE®	T 9:40am - 10:10am Pure Abs Express	T 7:00am - 7:55am PilatesFLOW	T 9:00am - 9:55am Yoga
	T 10:30am - 11:25am BODYBALANCE®	T 11:00am - 11:55am Pilates Matwork	T 4:00pm - 4:45pm Teen Fit - TEEN ONLY CLASS	T 11:30am - 12:25pm Yoga	T 10:30am - 11:25am BODYBALANCE®	T 8:00am - 8:55am PilatesFLOW	T 10:30am - 11:25am Yin Yoga
	T 4:00pm - 4:45pm Teen Fit - TEEN ONLY CLASS	T 5:30pm - 6:15pm R&R	T 5:00pm - 5:55pm Pilates Matwork	T 12:35pm - 1:20pm Sound Healing		T 9:00am - 9:55am Pilates Matwork	T 3:00pm - 3:45pm Sound Healing*
	T 5:30pm - 6:25pm Yoga	S 7:00pm - 7:55pm Yin Yoga	T 6:00pm - 6:55pm Pilates Matwork	T 5:30pm - 6:25pm Yoga		T 10:00am - 10:55am Pilates Matwork	
	T 6:30pm - 7:25pm BODYBALANCE®			T 6:30pm - 7:25pm Yin Yoga		T 11:00am - 11:55am Yoga	
	T 7:30pm - 8:25pm Pilates Matwork						
Outdoor X - 1st Floor	T 9:30am - 10:25am Outdoor X	T 9:00am - 9:45am Active Outdoor	T 9:30am - 10:25am PeakPWR	T 9:00am - 9:45am Active Outdoor		T 8:00am - 8:55am Outdoor X	
	T 5:30pm - 6:25pm Outdoor X		T 5:30pm - 6:25pm Outdoor X	T 5:00pm - 6:25pm CardioBox		T 9:00am - 9:55am Outdoor X	

ACTIVE CLASSES:

Suitable for beginners, active older adults, and those seeking a lower-impact workout focused on strength, mobility, balance and overall wellbeing.

- Active Cardio
- Active Balance
- Active MindBody
- Active Strength
- Active Pilates
- Active Outdoor

CARDIO

Suitable for Intermediate – Advanced fitness levels for a High Intensity heart-racing workout.

- Max NRG
- HIIT NRG
- Outdoor X
- PeakPWR
- Cardio Box
- Club Fiesta
- BODYCOMBAT®
- BODYSTEP®

AQUA

Low-impact water-based workouts that use the resistance of water to improve fitness, strength and mobility while reducing joint stress.

- Aqua Deep
- Aqua Shallow
- Aqua Fitness

MIND & BODY

Low-intensity classes focused on flexibility, mobility, balance, mindfulness and recovery, suitable for all fitness levels.

- Breathe & Balance
- Yoga
- Yin Yoga
- Pilates
- Pilates Flow
- R&R (Release & Recover)
- Sound Healing
- BODYBALANCE®

SCULPT & STRENGTHEN

Full-body strength and conditioning workouts using a variety of equipment to build strength, fitness and muscular endurance.

- Freestyle Weights
- 50:50 Weights: Step
- Total BDY
- ABT
- Pure Abs Express
- SHAPESTM
- BODYPUMP®
- BODYPUMP HEAVY™

CYCLE

Instructor-led and Virtual indoor cycling classes that improve cardiovascular fitness, endurance and lower-body strength.

- Cycle
- Cycle 45
- HIIT 30 Cycle
- RPM™ (Virtual)
- SPRINT™ (Virtual)
- THE TRIP™ (Virtual)

See website for Virtual class details.

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