

GROUP FITNESS & WELLBEING CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	MAX COMBO	ACTIVE ADULTS BODY STEP	BODY PUMP	MAX COMBO	HIIT45 BODY STEP		
7:00 AM						AQUA	
7:15 AM	ACTIVE ADULTS	CARDIO FITBALL	MAT PILATES	SPIN/CYCLE			
7:30 AM	ACTIVE AQUA		ACTIVE AQUA		ACTIVE AQUA		
8:00 AM		MEDITATION				YOGA BODY PUMP	
8:15 AM	ACTIVE ADULTS	ACTIVE ADULTS	ACTIVE ADULTS	ACTIVE ADULTS	ACTIVE ADULTS		
9:00 AM							ACTIVE ADULTS BODY PUMP
9:15 AM			ACTIVE ADULTS DEEP WATER AQUA			ZUMBA FITNESS	
9:30 AM	CIRCUIT					CIRCUIT	
10:00 AM		YOGA	YOGA	YOGA			MAT PILATES
10:30 AM	YOGA					BOXING YOGA & MEDITATION	
11:00 AM		ACTIVE ADULTS	ACTIVE AQUA	ACTIVE ADULTS	ACTIVE AQUA YOGA		

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	MON	TUE	WED	THU	FRI	SAT	SUN
12:00 PM - 12:30 PM			BODY PUMP		ACTIVE ADULTS ZUMBA GOLD		
12:30 PM - 6:00 PM			MAT PILATES MAT PILATES				
6:00 PM - 7:15 PM	MAX STRENGTH MAT PILATES	BOXING DEEP WATER AQUA YOGA	BODY PUMP MAT PILATES STRONG FLOW YOGA	MAX COMBO			
7:15 PM - 7:30 PM		ZUMBA FITNESS BODY PUMP	ZUMBA GOLD TONING				
7:30 PM -	ACTIVE AQUA						

HOW TO BOOK

- Via your online portal. Bookings open 48 hours in advance
- In person at reception. Bookings open 24 hours in advance

Not sure which class is for you?
View our class descriptions here



*online classes are booked in via Eventbrite, visit stonnington.vic.gov.au/healthclub

LEGEND

CLASS CONDUCTED IN GROUP FITNESS STUDIO

CLASS CONDUCTED IN PROGRAM ROOM

CLASS CONDUCTED IN THE 25M INDOOR POOL

CLASS CONDUCTED IN THE 50M OUTDOOR POOL

CLASS CONDUCTED IN THE OUTDOOR DIVE POOL

CLASS CONDUCTED ONLINE*