



GROUP FITNESS SUMMER TIMETABLE

JANUARY 2025

Effective until Sunday 2 February 2025

Classes and instructors are subject to change.
Always check Active World app for most up to date class schedule.

CIVIC RESERVE
RECREATION CENTRE


**MORNINGTON
PENINSULA**
Shire

GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM		Prime Fusion	Zumba	Prime Bar	Momentum	Shapes	
9:20AM	Qi Gong	Prime Bar	Core & More	Pilates	Yoga (Chair)		
10:00AM						Yoga (Vinyasa)	
10:30AM	Body Balance	Yoga	Tai Chi	Body Balance	Body Balance		

CONNECT30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						CONNECT30 Resistance	
12:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
5:30PM	CONNECT30 Boxing		CONNECT30 Boxing				
6:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
7:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		



**DOWNLOAD THE
ACTIVE WORLD APP
TO BOOK YOUR
GROUP FITNESS
CLASSES**