



GROUP FITNESS SUMMER TIMETABLE

JANUARY 2025

MONDAY 6 JANUARY TO SUNDAY 2 FEBRUARY


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


SOMERVILLE
RECREATION CENTRE


MORNINGTON
PENINSULA
Shire

GROUP FITNESS

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM				Mat Pilates			
9:15AM	Burn It Mat Pilates	Core & More	Body Pump	HIIT Strength	Core & More		
10:15AM	Momentum	Prime Movers	Zumba	Momentum	Body Pump		
11:15AM	Yoga		Prime Bar		Body Balance		
12:15PM			Yoga (Chair)				
5:00PM	Zumba		Zumba				
5:30PM		Body Balance					
6:00PM	Core & More		Core & More				

 All Access Class

 Classes held in Childcare Room

REFORMER PILATES

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM					Reformer Classic	Reformer Hybrid	
9:15AM	Reformer Classic	Reformer Hybrid		Reformer Classic			
10:15AM	Reformer Skills	Reformer Momentum	Reformer Momentum				
4:30PM		Reformer Hybrid					
5:30PM	Reformer Classic	Reformer Classic		Reformer Hybrid			
6:30PM			Reformer Classic				



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