

Group Fitness Timetable

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



Morning Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---------------------------------------|--|----------------------------------|-----------------------------------|
| 5:30am - 6:25am Max NRG | 5:30am - 6:25am Cycling | 5:30am - 6:25am Max NRG | 5:30am - 6:00am HIIT NRG | 5:30am - 6:25am Cycling | 7:00am - 7:55am Pilates | 8:00am - 8:55am BODYSTEP |
| 7:30am - 8:25am Get Active Circuit | 5:30am - 6:15am BODYPUMP 45 | 7:30am - 8:15am Shapes | 6:00am - 6:30am Pure Abs XP | 5:30am - 6:25am BODYPUMP | 7:30am - 8:15am Cardio Box 45 | 9:00am - 9:55am BODYCOMBAT |
| 7:30am - 8:15am Deep Water Fun | 7:30am - 8:25am GA Mindful Movements | 7:30am - 8:15am Deep Water Fun | 7:30am - 8:25am Get Active Pilates | 7:30am - 8:25am Get Active Cardio | 8:00am - 8:55am Cycling | 9:00am - 9:30am HIIT 30 Cycle |
| 8:30am - 9:25am BODYPUMP | 7:30am - 8:15am Propulsion | 8:30am - 9:25am 50:50 Weights/Step | 7:30am - 8:15am Fitness | 7:30am - 8:15am Deep Water Dynamics | 8:00am - 8:55am Outdoor X | 9:00am - 9:55am Yoga |
| 9:00am - 9:30am HIIT 30 Cycle | 8:30am - 9:25am Max NRG | 8:45am - 9:30am Cycle 45 | 8:30am - 9:25am Step Cardio | 8:30am - 9:25am BODYCOMBAT | 8:00am - 8:55am Pilates Flow | 9:15am - 10:00am Aqua Fitness |
| 9:30am - 10:25am BODYCOMBAT | 9:00am - 9:30am HIIT 30 Cycle | 9:30am - 10:25am TotalBDY | 9:00am - 9:30am HIIT 30 Cycle | 9:00am - 9:30am HIIT 30 Cycle | 8:30am - 9:25am BODYSTEP | 9:40am - 10:10am HIIT 30 Cycle |
| 9:30am - 10:25am Outdoor X | 9:30am - 10:25am 50:50 Weights/Step | 9:30am - 10:25am PeakPWR | 9:30am - 10:25am Freestyle Weights | 9:30am - 10:25am Max NRG | 9:00am - 9:55am Outdoor X | 10:00am - 10:55am BODYPUMP |
| 9:40am - 10:10am Pure Abs XP | 10:00am - 10:55am Yoga | 10:30am - 11:25am Body Pump Heavy | 10:30am - 11:25am Get Active Tone | 9:40am - 10:10am Pure Abs XP | 9:00am - 9:55am Pilates | 10:30am - 11:25am Yin Yoga |
| 10:30am - 11:25am Get Active Tone | 10:30am - 11:25am TotalBDY | 10:30am - 11:25am Pilates | 10:30am - 11:25am BODYBALANCE | 10:30am - 11:15am Shapes | 9:00am - 9:30am HIIT 30 Cycle | |
| 10:30am - 11:25am BODYBALANCE | 11:00am - 11:55am Pilates | 11:30am - 12:25pm GA Better Balance | 11:30am - 12:30pm Yoga | 10:30am - 11:25am BODYBALANCE | 9:15am - 10:00am Aqua Fitness | |
| 11:30am - 12:25pm Get Active Cardio | 11:30am - 12:25pm Breath & Balance | 12:30pm - 1:25pm Get Active Cardio | | 11:30am - 12:25pm GA Better Balance | 9:30am - 10:25am BODYCOMBAT | |
| | | | | | 10:00am - 10:55am Pilates | |
| | | | | | 10:30am - 11:25am BODYBALANCE | |
| | | | | | 11:00am - 11:55am Yoga | |
| | | | | | 11:30am - 12:15pm Clubbercise | |

Afternoon Classes *First Friday every month **Alternating Saturdays

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|--------------------------------|----------------------------------|---------------------------------|---------------------------------|--|--|
| 4:00pm - 4:45pm Teen Fit | 4:30pm - 5:15pm Shapes | 4:00pm - 4:45pm Teen Fit | 4:30pm - 5:25pm BODYPUMP | 5:30pm - 6:25pm BODYPUMP | 2:00pm - 2:55pm BODYPUMP/ BODYPUMP HEAVY** | 3:00pm - 4:00pm Sound Healing *Once per month. |
| 4:30pm - 5:25pm ABT | 5:30pm - 6:25pm Club Fiesta | 4:30pm - 5:25pm TotalBDY | 5:00pm - 5:30pm CardioBox XP | 6:30pm - 7:25pm Club Fiesta* | | |
| 4:30pm - 5:15pm Cycle 45 | 5:30pm - 6:15pm Cycle 45 | 5:00pm - 5:55pm Pilates | 5:30pm - 6:25pm Max NRG | | | |
| 5:30pm - 6:25pm Yoga | 6:30pm - 7:25pm BODYPUMP | 5:30pm - 6:25pm BODYCOMBAT | 5:30pm - 6:25pm Yoga | | | |
| 5:30pm - 6:25pm BODYPUMP | 7:00pm - 7:55pm Yin Yoga | 5:30pm - 6:25pm Outdoor X | 5:40pm - 6:25pm Cycle 45 | | | |
| 5:30pm - 6:25pm Outdoor X | | 5:30pm - 6:00pm HIIT 30 Cycle | 6:30pm - 7:25pm Yin yoga | | | |
| 5:30pm - 6:00pm HIIT 30 Cycle | | 6:00pm - 6:55pm Pilates | | | | |
| 6:15pm - 6:45pm HIIT 30 Cycle | | 6:15pm - 6:45pm HIIT 30 Cycle | | | | |
| 6:30pm - 7:15pm Club Fiesta | | | | | | |
| 6:30pm - 7:25pm BODYBALANCE | | | | | | |
| 7:30pm - 8:25pm Pilates | | | | | | |

Class Descriptions

CARDIO

BODYCOMBAT is an energetic programme inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

BODYSTEP uses a height-adjustable step and simple movements on, over and around a step, as you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

CARDIOBOX is a calorie burning workout, using focus mitts and kick shield that also combine skipping, core work and body resistance training. Please bring your own gloves for hygiene and safety reasons, hand wraps or cotton gloves recommended. Available in 55 minute and 30 minute EXPRESS formats.

TOTALBODY is a high energy freestyle cardiovascular class that builds strength and stamina. Catering for all fitness levels, it incorporates upper and lower body conditioning exercises. At times instructors will intensify the programme by giving you the option of adding a step.

GET ACTIVE CARDIO classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey.

MAX NRG is an intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina.

HIIT-NRG Using your body weight ignite your fitness with this fast paced high energy class.

CLUB FIESTA offers a fun Latin and Caribbean inspired, dance fitness classes that involve easy to follow dance and aerobic movements performed to energetic and exotic rhythms of Latin, Afro, Hip Hop, international and current beats!

CLUBBERCISE is a high-energy fitness class held in dark rooms with disco lights and neon glow sticks, set to a mix of 90's and current hits. With simple, fun dance routines, it offers a lively, immersive workout experience.

MIND AND BODY

BODYBALANCE is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

GET ACTIVE BETTER BALANCE Specific balance exercises to create better stability through the joints and strength exercises targeting the muscles required to regain and maintain a full quality of life. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey. 55 minute format.

YOGA is a class comprised of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. 55 minute format.

SOUND HEALING An ancient wellness practice for healing, relaxation, and self-care. A sound healing session involves lying down in a cozy and comfortable setting, closing our eyes, and focusing on different sound instruments.

AQUA

AQUA DEEP WATER FUN is fun and fitness in the deep water

AQUA PROPULSION A fusion of cardio and strength moves done in shallow water. Helps develop core strength, increased endurance, coordination, and cognitive function through movement patterns.

AQUA FITNESS Working on your fitness in shallow and deep water

AQUA DEEP WATER DYNAMICS Deep water training that challenges the core and postural muscles, balanced muscle conditioning and alignment, increased lung capacity and fitness in a gravity free environment.

AQUA BOOTCAMP Aqua Bootcamp is a high-energy fitness class performed in the water, combining cardio, strength training, and endurance exercises. Using the natural resistance of water, it delivers a full-body workout that's low-impact on joints but still highly effective.

BREATH & BALANCE is a wellness class designed to promote overall wellness and enhance one's quality of life. It focuses on holistic approaches to achieving and maintaining a balanced mind, body and spirit. In this class, participants can expect to learn unique strategies and techniques for improving physical health, mental clarity, emotional resilience and spiritual connection.

YIN YOGA is a more meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose. 55 minute format.

FUNCTIONAL PILATES builds core strength and mobility for better everyday movement. It emphasises controls, stability and flexibility.

SCULPT AND STRENGTHEN

50:50 WEIGHTS:STEP combines two different fitness elements to help tone and strengthen your muscle and increase your overall fitness levels. This class incorporate 50% weight training with 50% cardio utilising a step for the best results for both muscle sculpting and increasing fitness levels.

BODYPUMP will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP is one of the world's fastest way to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Available in 55 and 30 minute EXPRESS format.

FREESTYLE WEIGHTS EXPRESS is a class designed to maximise your muscle strength, condition and tone. Burn fat, gain strength and get ripped with this freestyle weights based class.

OUTDOOR X is an outdoor training programme designed to improve strength and cardio through a mix of traditional and functional training methods. Classes are held in the outdoor training zone (weather permitting) and may be cancelled without notice, please bring a hat, sunglasses and apply sunscreen.

PURE ABS EXPRESS is a 30 minute workout focusing on abdominals, lower back and glutes to stabilise and strengthen your core muscles.

ABT is a focused class working on abdominals, glutes and thighs, to tone and shape.

GET ACTIVE TONE Utilising light weights and bands this class will help you gain strength and tone your muscles. Aimed at seniors or those wanting a lower intensity weights class.

PEAKPWR is an outdoor training programme designed to improve strength and power through a mix of traditional and functional training methods.

SHAPES is an invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility in 45 mins. Suitable for all ages and abilities.

BODY PUMP HEAVY challenges strength, builds lean muscle, and drives measurable performance gains. It features foundational lifts, a slow tempo, and lots of recovery periods so you master form and technique and can lift heavier.

CYCLE

CYCLE classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. class duration is 55 minutes.

HIIT CYCLE is great for people with limited time to train. HIIT increases your VO2 max fast. Available in 30 minute EXPRESS format.

TEEN FIT CLASSES 11-12 years must be accompanied by a participating adult guardian. 13-15 year olds may attend without an adult guardian. Proof of age must be shown or a Teen Fit plus membership must be presented.

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Terms and Conditions

By entering the venue you agree to abide by the terms and conditions and conditions of entry set by VenuesWest. To obtain a copy, please see reception.