

Group Fitness Timetable

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

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Aquatic Centre - 50m pool, Ground Floor

Aqua Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am - 8:30am Aqua Deep	7:30am - 8:30am Aqua Shallow	7:30am - 8:30am Aqua Deep	7:30am - 8:30am Aqua Shallow	7:30am - 8:30am Aqua Deep	9:15am - 10:00am Aqua Fitness	9:15am - 10:00am Aqua Fitness

Outdoor X - First Floor

Cardio Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:25am Outdoor X	9:00am - 9:45am Active Outdoor	9:30am - 10:25am PeakPWR	9:00am - 9:45am Active Outdoor		8:00am - 8:55am Outdoor X	
5:30pm - 6:25pm Outdoor X		5:30pm - 6:25pm Outdoor X	5:00pm - 5:30pm CardioBox 		9:00am - 9:55am Outdoor X	

Sculpt & Strengthen Class

Wellness Studio - First Floor

Mind & Body Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:40am - 10:10am Pure Abs XP	10:00am - 10:55am Yoga 	10:30am - 11:25am Pilates Matwork 	10:30am - 11:25am BODYBALANCE 	9:40am - 10:10am Pure Abs Express 	7:00am - 7:55am PilatesFLOW	9:00am - 9:55am Yoga 
10:30am - 11:25am BODYBALANCE 	11:00am - 11:55am Pilates Matwork 	5:00pm - 5:55pm Pilates Matwork 	11:30am - 12:25pm Yoga 	10:30am - 11:25am BODYBALANCE 	8:00am - 8:55am PilatesFLOW	10:30am - 11:25am Yin Yoga 
5:30pm - 6:25pm Yoga 	5:30pm - 6:15pm R&R	6:00pm - 6:55pm Pilates Matwork 	12:45pm - 1:30pm Sound Healing		9:00am - 9:55am Pilates Matwork 	3:00pm - 3:45pm Sound Healing*
6:30pm - 7:25pm BODYBALANCE 	7:00pm - 7:55pm Yin Yoga		5:30pm - 6:25pm Yoga 		10:00am - 10:55am Pilates Matwork 	
7:30pm - 8:25pm Pilates Matwork 			6:30pm - 7:25pm Yin Yoga 		11:00am - 11:55am Yoga 	

Teen Friendly Class

Group X Room - Ground Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	7:30am - 8:15am Cardiobox 	8:00am - 8:55am BODYSTEP
7:30am - 8:25am Active Circuit	7:30am - 8:25am Active MindBody	7:30am - 8:15am Shapes	6:00am - 6:30am Pure Abs Express 	7:30AM - 8:25AM Active Cardio	8:30am - 9:25am BODYSTEP	9:00am - 9:55am BODYCOMBAT 
8:30am - 9:25am BODYPUMP	8:30am - 9:25am Max NRG	8:30am - 9:25am 50:50 Weights:Step	7:30am - 8:25am Active Pilates	8:30am - 9:25am BODYCOMBAT 	9:30am - 10:25am BODYCOMBAT 	10:00am - 10:55am BODYPUMP
9:30am - 10:25am BODYCOMBAT 	9:30am - 10:25am 50:50 Weights:Step	9:30am - 10:25am TotalBDY	8:30am - 9:25am StepCardio	9:30am - 10:25am Max NRG	10:30am - 11:25am BODYBALANCE 	
10:30am - 11:25am Active Strength	10:30am - 11:25am TotalBDY	10:30am - 11:25am BODYPUMP Heavy	9:30am - 10:25am Freestyle Weights	10:30am - 11:15am Shapes	11:30am - 12:15pm Club Fiesta	
11:30pm - 12:25pm Active Cardio	11:30am - 12:25pm Breathe and Balance	11:30am - 12:25pm Active Balance	10:30am - 11:25am Active Strength	11:30am - 12:25pm Active Balance	2:00pm - 2:55pm BODYPUMP/HEAVY***	
4:30pm - 5:25pm ABT	4:30pm - 5:15pm Shapes	12:30pm - 1:25pm Active Cardio	4:30pm - 5:25pm BODYPUMP	5:30pm - 6:25pm BODYPUMP		
5:30pm - 6:25pm BODYPUMP	5:30pm - 6:15pm Club Fiesta** 	4:30pm - 5:25pm TotalBDY	5:30pm - 6:25pm Max NRG	6:30pm - 7:30pm Club Fiesta**		
6:30pm - 7:15pm Club Fiesta 	6:30pm - 7:25pm BODYPUMP/HEAVY ***	5:30pm - 6:25pm BODYCOMBAT 				

*Every Fortnight

**First Friday of every month

***Alternating Fortnightly

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Cycle Studio - Ground Floor

Virtual Class

Instructor-Led Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:20am Virtual - RPM	5:30am - 6:25am Cycle	5:30am - 6:20am Virtual - RPM	5:30am - 6:20am Virtual - RPM	5:30am - 6:25am Cycle	6:30am - 7:15am Virtual - The Trip	8:00am - 8:30am Virtual - RPM
7:00am - 7:30am Virtual - Sprint	7:00am - 7:30am Virtual - Sprint	7:00am - 7:30am Virtual - Sprint	7:00am - 7:30am Virtual - Sprint	7:00am - 7:30am Virtual - Sprint	8:00am - 8:55am Cycle	9:00am - 9:30am HIIT 30 Cycle
8:00am - 8:30am Virtual - Cycle Tutorial	8:00am - 8:30am Virtual - RPM	8:00am - 8:30am Virtual - Cycle Tutorial	8:00am - 8:30am Virtual - RPM	8:00am - 8:30am Virtual - Cycle Tutorial	9:00am - 9:30am HIIT 30 Cycle	9:40am - 10:10am HIIT 30 Cycle
9:00am - 9:30am HIIT 30 Cycle	9:00am - 9:30am HIIT 30 Cycle	8:45am - 9:30am Cycle 45	9:00am - 9:30am HIIT 30 Cycle	9:00am - 9:30am HIIT 30 Cycle	9:45am - 10:35am Virtual - RPM	10:30am - 11:15am Virtual - The Trip
9:45am - 10:15am Virtual - Sprint	9:45am - 10:35am Virtual - RPM	9:45am - 10:15am Virtual - Sprint	9:45am - 10:35am Virtual - RPM	9:45am - 10:15am Virtual - Sprint	10:45am - 11:30am Virtual - The Trip	11:30am - 12:00pm Virtual - Sprint
10:45am - 11:15am Virtual - Sprint	10:45am - 11:35am Virtual - RPM	10:45am - 11:15am Virtual - Sprint	10:45 - 11:35am Virtual - RPM	10:45am - 11:15am Virtual - Sprint	12:00pm - 12:30pm Virtual - Sprint	12:30pm - 1:20pm Virtual - RPM
12:00pm - 12:30pm Virtual - RPM	12:00pm - 12:30pm Virtual - Sprint	12:00pm - 12:30pm Virtual - RPM	12:00pm - 12:30pm Virtual - Sprint	12:00pm - 12:30pm Virtual - RPM	12:40pm - 1:30pm Virtual - RPM	
12:40pm - 1:10pm Virtual - Sprint	12:40pm - 1:10pm Virtual - RPM	12:40pm - 1:10pm Virtual - Sprint	12:40pm - 1:10pm Virtual - RPM	12:40pm - 1:10pm Virtual - Sprint		
3:30pm - 4:00pm Virtual - RPM	3:30PM - 4:20PM Virtual - RPM	3:30pm - 4:20pm Virtual - RPM	3:30pm - 4:20pm Virtual - RPM	3:30pm - 4:20pm Virtual - RPM		
4:30pm - 5:15pm Cycle 45	4:30pm - 5:15pm Virtual - The Trip	4:30pm - 5:15pm Virtual - The Trip	4:30pm - 5:15pm Virtual - The Trip	4:30pm - 5:15pm Virtual - The Trip		
5:30pm - 6:00pm HIIT 30 Cycle	5:30pm - 6:15pm Cycle	5:30pm - 6:00pm HIIT 30 Cycle	5:40pm - 6:25pm Cycle	5:30pm - 6:00pm Virtual - Sprint		
6:15pm - 6:45pm HIIT 30 Cycle	7:00pm - 7:30pm Virtual - RPM	6:15pm - 6:45pm HIIT 30 Cycle	7:00pm - 7:30pm Virtual - RPM	6:30pm - 7:20pm Virtual - RPM		
7:00pm - 7:50pm Virtual - RPM	8:00pm - 8:30pm Virtual - Sprint	7:00pm - 7:30pm Virtual - Sprint	8:00pm - 8:30pm Virtual - Sprint			
8:00pm - 8:30pm Virtual - Sprint						