# GROUP FITNESS TIMETABLE

ARENA JOONDALUP GYM

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Group X - Ground Floor | 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®** | T 7:30am - 8:15am **CardioBox** | T 8:00am - 8:55am **BODYSTEP®** |
| | S 7:30am - 8:25am **Active Circuit** | S 7:30am - 8:25am **Active MindBody** | T 7:30am - 8:15am **SHAPES™** | T 6:00am - 6:30am **Pure Abs Express** | S 7:30am - 8:25am **Active Cardio** | T 8:30am - 9:25am **BODYSTEP®** | T 9:00am - 9:55am **BODYCOMBAT®** |
| | 8:30am - 9:25am **BODYPUMP®** | 8:30am - 9:25am **Max NRG** | 8:30am - 9:25am **50:50 Weights: Step** | S 7:30am - 8:25am **Active Pilates** | T 8:30am - 9:25am **BODYCOMBAT®** | T 9:30am - 10:25am **BODYCOMBAT®** | 10:00am - 10:55am **BODYPUMP®** |
| | T 9:30am - 10:25am **BODYCOMBAT®** | 9:30am - 10:25am **50:50 Weights: Step** | 9:30am - 10:25am **TotalBDY** | T 8:30am - 9:25am **Step Cardio** | 9:30am - 10:25am **Max NRG** | T 10:30am - 11:25am **BODYBALANCE®** | |
| | S 10:30am - 11:25am **Active Strength** | 10:30am - 11:25am **TotalBDY** | 10:30am - 11:25am **BODYPUMP/ HEAVY™** | 9:30am - 10:25am **Freestyle Weights** | T 10:30am - 11:15am **SHAPES™** | T 11:30am - 12:15pm **Club Fiesta** | |
| | S 11:30am - 12:25pm **Active Cardio** | S 11:30am - 12:25pm **Breathe & Balance** | S 11:30am - 12:25pm **Active Balance** | S 10:25am - 11:25am **Active Strength** | S 11:30am - 12:25pm **Active Balance** | 2:00pm - 2:55pm* **BODYPUMP/ HEAVY™** | |
| | T 4:30pm - 5:25pm **ABT** | T 4:30pm - 5:15pm **SHAPES™** | S 12:30pm - 1:25pm **Active Cardio** | 4:30pm - 5:25pm **BODYPUMP®** | 5:30pm - 6:25pm **BODYPUMP®** | | |
| | 5:30pm - 6:25pm **BODYPUMP®** | T 5:30pm - 6:15pm** **Club Fiesta** | 4:30pm - 5:25pm **TotalBDY** | 5:30pm - 6:25pm **Max NRG** | T 5:30pm - 6:30pm** **Club Fiesta** | | |
| | T 6:30pm - 7:15pm **Club Fiesta** | 6:30pm - 7:25pm* **BODYPUMP/ HEAVY™** | T 5:30pm - 6:25pm **BODYCOMBAT®** | | | | |
| Cycle Studio - Ground Floor | T 9:00am - 9:30am **HIIT 30 Cycle** | T 5:30am - 6:25am **Cycle** | T 8:45am - 9:30am **Cycle 45** | T 9:00am - 9:30am **HIIT 30 Cycle** | T 5:30am - 6:25am **Cycle** | T 8:00am - 8:55am **Cycle** | T 9:00am - 9:30am **HIIT 30 Cycle** |
| | T 4:30pm - 5:15pm **Cycle 45** | T 9:00am - 9:30am **HIIT 30 Cycle** | T 5:30pm - 6:00pm **HIIT 30 Cycle** | T 5:40pm - 6:25pm **Cycle** | T 9:00am - 9:30am **HIIT 30 Cycle** | T 9:00am - 9:30am **HIIT 30 Cycle** | T 9:40am - 10:10am **HIIT 30 Cycle** |
| | T 5:30pm - 6:00pm **HIIT 30 Cycle** | T 5:30pm - 6:15pm **Cycle** | T 6:15pm - 6:45pm **HIIT 30 Cycle** | | | | |
| | T 6:15pm - 6:45pm **HIIT 30 Cycle** | | | | | | |
| Aquatic Centre | S 7:30am - 8:30am **Aqua Deep** | S 7:30am - 8:30am **Aqua Shallow** | S 7:30am - 8:30am **Aqua Deep** | S 7:30am - 8:30am **Aqua Shallow** | S 7:30am - 8:30am **Aqua Deep** | S 9:15am - 10:15am **Aqua Fitness** | S 9:15am - 10:15am **Aqua Fitness** |

*Fortnightly
**First Sunday of every month

Aqua | Cardio | Mind & Body | Sculpt & Strengthen | Cycle | T Teen-friendly | S Senior-friendly

Class times may vary due to events or public holidays. For the latest Group Fitness timetable visit arenajoondalup.com.au/gym

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# GROUP FITNESS TIMETABLE

ARENA JOONDALUP GYM

## Wellness Studio - 1st Floor

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 9:40am - 10:10am **Pure Abs Express** | 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** | 4:00pm - 4:45pm **Teen Fit - TEEN ONLY CLASS** | 11:30am - 12:25pm **Yoga** | 10:30am - 11:25am **BODYBALANCE®** | 8:00am - 8:55am **PilatesFLOW** | 10:30am - 11:25am **Yin Yoga** |
| 4:00pm - 4:45pm **Teen Fit - TEEN ONLY CLASS** | 5:30pm - 6:15pm **R&R** | 5:00pm - 5:55pm **Pilates Matwork** | 12:35pm - 1:20pm **Sound Healing** | | 9:00am - 9:55am **Pilates Matwork** | 3:00pm - 3:45pm **Sound Healing*** |
| 5:30pm - 6:25pm **Yoga** | 7:00pm - 7:55pm **Yin Yoga** | 6:00pm - 6:55pm **Pilates Matwork** | 5:30pm - 6:25pm **Yoga** | | 10:00am - 10:55am **Pilates Matwork** | |
| 6:30pm - 7:25pm **BODYBALANCE®** | | | 6:30pm - 7:25pm **Yin Yoga** | | 11:00am - 11:55am **Yoga** | |
| 7:30pm - 8:25pm **Pilates Matwork** | | | | | | |

## Outdoor X - 1st Floor

| 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 - 6:25pm **CardioBox** | | 9:00am - 9:55am **Outdoor X** | |

### ACTIVE CLASSES
Suitable for beginners, active older adults, and those seeking a lower-impact workout focused on strength, mobility, balance and overall wellbeing.
- Active Cardio
- Active Balance
- Active MindBody
- Active Strength
- Active Pilates
- Active Outdoor

### CARDIO
Suitable for Intermediate – Advanced fitness levels for a High Intensity heart-racing workout.
- Max NRG
- HIIT NRG
- Outdoor X
- PeakPWR
- Cardio Box
- Club Fiesta
- BODYCOMBAT®
- BODYSTEP®

### AQUA
Low-impact water-based workouts that use the resistance of water to improve fitness, strength and mobility while reducing joint stress.
- Aqua Deep
- Aqua Shallow
- Aqua Fitness

### MIND & BODY
Low-intensity classes focused on flexibility, mobility, balance, mindfulness and recovery, suitable for all fitness levels.
- Breathe & Balance
- Yoga
- Yin Yoga
- Pilates
- Pilates Flow
- R&R (Release & Recover)
- Sound Healing
- BODYBALANCE®

### SCULPT & STRENGTHEN
Full-body strength and conditioning workouts using a variety of equipment to build strength, fitness and muscular endurance.
- Freestyle Weights
- 50:50 Weights: Step
- Total BDY
- ABT
- Pure Abs Express
- SHAPES™
- BODYPUMP®
- BODYPUMP HEAVY™

### CYCLE
Instructor-led and Virtual indoor cycling classes that improve cardiovascular fitness, endurance and lower-body strength.
- Cycle
- Cycle 45
- HIIT 30 Cycle
- RPM™ (Virtual)
- SPRINT™ (Virtual)
- THE TRIP™ (Virtual)

See website for Virtual class details.

Aqua | Cardio | Mind & Body | Sculpt & Strengthen | Cycle | T Teen-friendly | S Senior-friendly

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