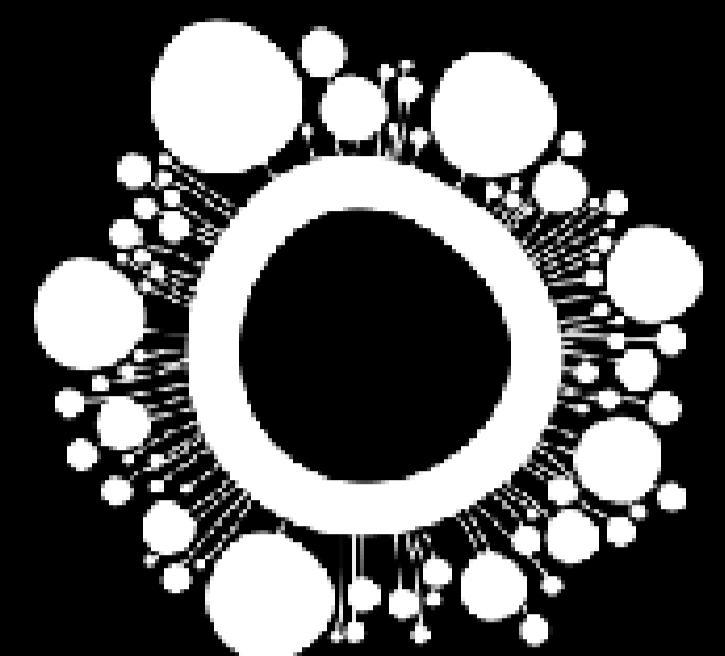


GROUP FITNESS TIMETABLE

JAN-JUN 2026



THE BASE

THE STUDIO

POOL

NATIONAL CENTRE OF
INDIGENOUS
EXCELLENCE

	Monday	Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
6:00 am	Strength	Cross	Yoga	Strength	Run Club	Cross		Strength	Yoga					
7:00 am	Condition	Cross	Swim Fit	Strength		Cross	Swim Fit	Condition						
7:30 am											Cross			
8:00 am			Active Elders				Active Elders				Body Pump			
9:00 am			Aqua Fit				Aqua Fit		Aqua Fit		Active Elders	Pilates	Aqua Fit	Yoga
9:30 am			Mums & Bubs				Mums & Bubs							
10:00 am											Pilates			
12:00 pm	Strength	Cross		Yoga	Strength	Cross		Strength						
12:45 pm	Strength			Condition				Strength						
5:30 pm	Strength	Cross		Condition		Cross								
6:00 pm	Aqua Fit	Yoga	Body Pump		Aqua Fit	Pilates								
6:30 pm	Condition		Cross		Strength		Cross							