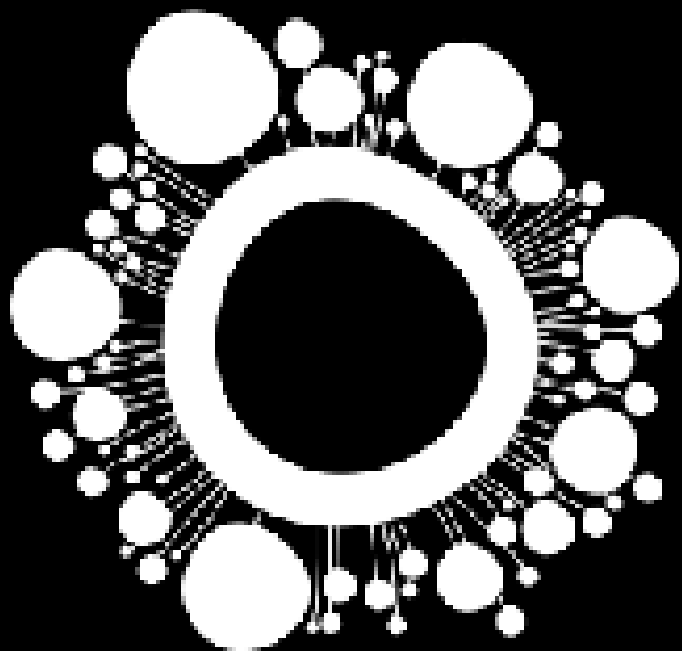


GROUP FITNESS TIMETABLE

JAN-JUN 2026



NATIONAL CENTRE OF
INDIGENOUS
EXCELLENCE

THE BASE

THE STUDIO

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Strength	CrossYoga	StrengthRun Club	Cross	StrengthYoga		
7:00 am	Condition	CrossSwim Fit	Strength	CrossSwim 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 EldersPilates	Aqua FitYoga
9:30 am		Mums & Bubs		Mums & Bubs			
10:00 am						Pilates	
12:00 pm	Strength	Cross	YogaStrength	Cross	Strength		
12:45 pm	Strength		Condition		Strength		
5:30 pm	Strength	Cross	Condition	Cross			
6:00 pm	Aqua FitYoga	Body Pump	Aqua FitPilates				
6:30 pm	Condition	Cross	Strength	Cross			