

Group Fitness Timetable

Main Studio (Room 4)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	Circuit	Body Step	Body Pump	HIIT + Core	Body Pump		
7:00AM	Virtual LM Core	Body Pum	Circuit	Virtual Body Combat	Virtual LM Core	BoxingFit	
8:15 AM	Virtual LM Shbam	Active Adults Strength			Active Adults Combo	Body Pump	Body Attack
9:15 AM	Body Pump	HIIT + Core	Body Pump	THT	Body Attack	Body Step	Body Pump
10:15 AM	THT	Body Pump	Zumba	Body Combat	Body Pump	HIIT + Core	Zumba
11:20 AM		Zumba Gold		Body Pump	Zumba Gold		Body Step
12:25 PM	Active Adults Combo		Active Adults Cardio			Zumba	Virtual Body Combat
1:30 PM				Active Adults Combo	Active Adults Strength	Virtual Body Attack	Virtual Body Pump
2:30 PM	Virtual Body Combat						Virtual Grit
3:30 PM	Virtual Body Attack	Virtual Grit	Virtual Body Combat	Virtual Body Pump	Virtual Body Attack	Body Pump	Virtual LM Core
4:30 PM		Virtual Body Attack		Virtual Body Combat		Virtual LM Core	Virtual LM Shbam
5:30 PM	Body Pump	BoxingFit	Body Step	Zumba	Body Pump	Virtual Body Combat	Virtual Body Pump
6:30 PM	Body Step	Body Pump	Body Combat	BoxingFit	Virtual LM Core	Virtual Grit	Virtual Body Attack
7:30 PM	Zumba	HIIT + Core	Body Pump	Body Attack	Virtual LM Shbam		
8:30 PM	Virtual LM Core	Virtual LM Shbam	Virtual Body Attack	Body Pump	Virtual Body Combat		

Virtual Class = 
 Active Adults = 

As of September, 2024. Timetable subject to change.
 Email info@northcoteaquaticreccentre.com.au for more info.

Group Fitness Timetable

Wellness Studio (Room 1)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM		Vinyasa Yoga	Mat Pilates	BarreFusion	Body Balance		
7:10 AM	Iyengar Yoga			Iyengar Yoga	Hatha Yoga		
8:15 AM	Chair Yoga		BarreFusion	Active Adults Yoga		Mat Pilates	Slow Flow Yoga
9:15 AM	Mat Pilates	BarreFusion	Body Balance	Mat Pilates	Vinyasa Yoga	BarreFusion	Body Balance
10:15 AM		Vinyasa Yoga	Mat Pilates	Body Balance	Yin Yoga	Body Balance	BarreFusion
11:20 AM	Vinyasa Yoga	Mat Pilates	Chair Yoga	Active Adults Mat Pilates	Body Balance	Vinyasa Yoga	
12:25 PM	Body Balance	Active Adults Qigong		Vinyasa Yoga	Active Adults Yoga		
1:30 PM	Active Adults Balance & Stretch			Meditation 30 mins			
2:30 PM		Active Adults Yoga	Active Adults Mat Pilates				
3:30 PM							
4:30 PM		Barre Fusion	Mat Pilates			Restorative Yoga	
5:30 PM	Mat Pilates	Mat Pilates	Body Balance	BarreFusion	Yin Yoga		Vinyasa Yoga
6:30 PM	Body Balance	Slow Flow Yoga	Meditation 45m	Body Balance			
7:30 PM	Slow Flow Yoga	Body Balance	Yin Yoga	Vinyasa Yoga			
8:30 PM		Yin Yoga					

Active Adults = 

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Group Fitness Timetable

Aqua Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	AquaRun				AquaRun		
7:15 AM		AquaFit		Deep Water Aqua		AquaFit	
8:15 AM	AquaFit		Active Adults Aqua	AquaFit	AquaFit	AquaFit	AquaFit
9:15 AM		AquaFit					
10:30 AM			AquaFit				
11:20 AM		Deep Water Aqua 50m Pool					
12:25 PM				Active Adults Aqua			
1:30 PM	Active Adults Aqua		Active Adults Warm Aqua				
6:15 PM	AquaFit						
7:15 PM	AquaFit		AquaFit				

Active Adults = 

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Group Fitness Timetable

Cycle Studio (Room 5)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10 AM	RPM	LM Sprint	RPM	LM Sprint	Cycle		
7:10 AM		Cycle	Virtual Cycle			Cycle	
8:15 AM		Virtual Cycle		Virtual Cycle		RPM	Cycle
9:15 AM	Cycle	RPM	Cycle	Cycle	LM Sprint	LM Sprint	Cycle
10:15 AM					Cycle		
11:20 AM				Virtual Cycle		Virtual Cycle	
12:25 PM	LM Sprint	RPM					
2:30 PM	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle	
5:00 PM					LM Sprint		
5:30 PM	Cycle	LM Sprint	Cycle	RPM 60m			Cycle
6:30 PM	RPM	RPM	LM Sprint				
7:30 PM	Virtual Cycle			Virtual Cycle			



Virtual Class = 

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Group Fitness Timetable

NARC Reformer Studio (Room 2)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Reformer	Reformer	Reformer	Reformer	Reformer		
7:15 AM	Reformer	Athletic Reformer	Reformer	Athletic Reformer	Reformer	Reformer	
8:15 AM	Athletic Reformer	Reformer	Athletic Reformer	Reformer	Foundation Reformer	Reformer	Reformer
9:15 AM	Reformer	Reformer	Foundation Reformer	Reformer	Reformer	Reformer	Athletic Reformer
10:15 AM	Foundation Reformer	Reformer	Reformer	Foundation Reformer	Reformer	Foundation Reformer	Reformer
11:20 AM	Reformer	Foundation Reformer	Reformer	Reformer		Reformer	Reformer
12:25 PM	Active Adults Reformer	Reformer	Reformer	Reformer	Reformer		
1:30 PM	Stretch & Mobility Reformer	Active Adults Reformer	Active Adults Reformer	Reformer			
2:30 PM	Athletic Reformer	Reformer	Foundation Reformer	Stretch & Mobility Reformer	Active Adults Reformer	Active Adults Reformer	
3:30 PM	Reformer	Reformer	Reformer	Athletic Reformer	Reformer	Stretch & Mobility Reformer	Reformer
4:30 PM	Foundation Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Foundation Reformer
5:30 PM	Reformer	Foundation Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
6:30 PM	Reformer	Reformer	Reformer	Foundation Reformer			
7:30 PM	Reformer	Reformer	Foundation Reformer	Reformer			

Active Adults = 
 Foundation = 

Athletic = 
 Stretch & Mobility = 

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Group Fitness Timetable

Narrandjeri Reformer Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Reformer	Reformer	Reformer	Reformer
7:00 AM		Reformer	Reformer	Reformer	Reformer
8:00 AM		Reformer	Reformer	Reformer	Foundation Reformer
9:00 AM	Reformer	Reformer	Reformer	Reformer	Reformer
10:00 AM	Reformer	Pre/Post Natal Reformer*	Reformer	Reformer	
11:00 AM	Foundation Reformer	Reformer			
12:00 PM		Athletic Reformer	Reformer	Reformer	
1:00 PM			Reformer		
2:00 PM					
4:00 PM	Reformer	Reformer	Reformer		
5:00 PM	Reformer	Athletic Reformer	Reformer	Reformer	
6:00 PM	Reformer	Reformer	Reformer	Reformer	
7:00 PM	Athletic Reformer	Reformer	Reformer	Reformer	

Foundation = 

Pre/Post Natal * = 

Athletic = 

Stretch & Mobility = 

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Functional Training Timetable

Gym (Skill X Area)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
7:00 AM	Skill X	Skill X	Skill X	Skill X	Skill X		
8:15 AM						Skill X	Skill X
12:00 PM	Skill X		Skill X		Skill X	Skill X	Skill X
6:30 PM	Skill X	Skill X	Skill X	Skill X			

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