



Group Fitness Timetable

Main Studio (Room 4)

Time	Monday 23rd December	Tuesday CHRISTMAS EVE	Wednesday	Thursday BOXING DAY	Friday 27th December	Saturday 28th December	Sunday 29th December
6:10 AM	Circuit - Michelle	Virtual Body Attack	🔔		Virtual Body Pump		
7:00AM	Virtual LM Core	Body Pump - Seb	C		Virtual LM Core	Virtual Body Combat	
8:15 AM	Virtual LM Shbam	Active Adults Strength - Rob	H	Grit Athletic - Michelle	Active Adults Combo - Kellie	Body Pump - Terese	Body Attack - Allison
9:15 AM	Body Pump - Liz	HIIT + Core - Nathan	R	THT - Michelle	Body Attack - Allison	Body Step - Stephanie	Body Pump - Seb
10:15 AM	THT - Michelle	Body Pump - Marianne	I	Body Pump - Marianne	Body Pump - Allison	HIIT + Core - Simon	Zumba - Jacqui
11:20 AM			S	Les Mills Core - Marianne	Virtual Les Mills ShBam		
12:25 PM			T			Virtual Les Mills Core	Virtual Body Combat
1:30 PM			M		Active Adults Strength - Rob	Virtual Body Attack	Virtual Body Balance
2:30 PM	Virtual Body Combat		A			Virtual Body Balance	Virtual Grit
3:30 PM	Virtual Body Attack	Virtual Grit	S	Virtual Body Pump	Virtual Body Attack	Virtual Body Pump	Virtual LM Core
4:30 PM	Virtual Grit	Virtual Body Attack		Virtual Body Combat	Virtual Body Pump	Virtual LM Core	Virtual LM Shbam
5:30 PM	Body Pump - Antionette	Body Pump - Paul	D	Virtual Body Attack	Virtual Body Balance	Virtual Body Combat	Virtual Body Pump
6:30 PM	Body Step - Stephanie	Virtual Body Balance	A	Virtual Body Balance i	Virtual LM Core	Virtual Body Balance	Virtual Body Attack
7:30 PM	Zumba - Alex		Y				
8:30 PM	Virtual LM Core						

Active Adults = 
 Virtual Class = 

As of Monday 23rd December, until 29th December 2024.
 Timetable subject to change.
 Email info@northcoteaquaticrecentre.com.au for more info.

Group Fitness Timetable

Wellness Studio (Room 1)

Time	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday 8am - 8pm	Friday 27/12	Saturday 28/12	Sunday 29/12
6:10 AM							
7:10 AM	Iyengar Yoga - Sandra				Hatha Yoga - Renee		
8:15 AM	Chair Yoga - Sandra	Body Balance - Dimi		BarreFusion - Marisa		Mat Pilates - Allison	Slow Flow Yoga - Renee
9:15 AM	Mat Pilates - Kellie	BarreFusion - Dimi		Mat Pilates - Marianne	Vinyasa Yoga - Deb	BarreFusion - Allison	Body Balance - Allison
10:15 AM		Vinyasa Yoga -Renee		Slow Flow Yoga - Renee	Yin Yoga - Ruby	Body Balance - Allison	BarreFusion - Allison
11:20 AM	Vinyasa Yoga - Renee	Mat Pilates - Marianne			Body Balance - Allison		
12:25 PM					Active Adults Yoga - Renee		
1:30 PM	Active Adults Balance & Stretch - Rob						
2:30 PM		Active Adults Yoga - Renee					
3:30 PM							
4:30 PM				Mat Pilates - Allison		Restorative Yoga - Sandra	
5:30 PM				Body Balance - Allison			Vinyasa Yoga - Renee
6:30 PM	Body Balance - Antoinette	Slow Flow Yoga - Renee					
7:30 PM							
8:30 PM							

Group Fitness Timetable

Aqua Group Fitness

Time	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday 8am - 8pm	Friday 27/12	Saturday 28/12	Sunday 29/12
6:10 AM							
7:15 AM		AquaFit - Marietta					
8:15 AM	AquaFit - Kellie				AquaFit - Robyn	AquaFit - Robyn	
9:15 AM		AquaFit - Katrina					
10:30 AM				AquaFit - Tarnya			
11:20 AM							
12:25 PM							
1:30 PM							
6:15 PM							
7:15 PM	AquaFit - Ellie						

Group Fitness Timetable

Cycle Studio (Room 5)

Time	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday 8am - 8pm	Friday 27/12	Saturday 28/12	Sunday 29/12
6:10 AM	RPM - Jason						
7:10 AM		Cycle - Simon				Cycle - Simon	
8:15 AM	Virtual RPM	Virtual LM Sprint		Cycle - Simon		RPM - Jason	Cycle - Michellie
9:15 AM	Cycle - Simon	RPM - Jason		Cycle - Simon	LM Sprint - Michellie	Virtual LM Sprint	Cycle - Michellie
10:15 AM					Cycle - Simon		
11:20 AM				Virtual RPM		Virtual RPM	Virtual LM Sprint
12:25 PM	LM Sprint - Jason					Virtual The Trip	Virtual RPM
2:30 PM	Virtual RPM	Virtual LM Sprint		Virtual The Trip	Virtual RPM	Virtual LM Sprint	Virtual The Trip
5:00 PM							
5:30 PM	Virtual LM Sprint	Virtual LM Sprint		Virtual RPM			
6:30 PM	RPM - Tony	Virtual RPM		Virtual LM Sprint			
7:30 PM	Virtual The Triple						

Virtual Class = 

Group Fitness Timetable

NARC Reformer Studio (Room 2)

Time	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday 8am - 8pm	Friday 27/12	Saturday 28/12	Sunday 29/12
6:15 AM	Reformer - Marianne	Reformer - Jason					
7:15 AM	Reformer - Marianne	Athletic Reformer - Jason			Reformer - Kellie		
8:15 AM	Athletic Reformer - Jason	Reformer - Nick		Reformer - Marianne	Foundation Reformer - Dimi	Reformer - Kellie	Reformer - Jason
9:15 AM	Reformer - Terese	Reformer - Nick		Reformer - Kellie	Reformer - Dimi	Reformer - Kellie	Athletic Reformer - Jason
10:15 AM	Foundation Reformer - Terese	Reformer - Nick		Reformer - Kellie	Reformer - Dimi	Foundation Reformer - Terese	Reformer - Jason
11:20 AM	Reformer - Terese	Foundation Reformer - Sue				Reformer - Allison	
12:25 PM	Active Adults Reformer - Rob	Reformer - Sue					
1:30 PM							
2:30 PM					Active Adults Reformer - Rob		
3:30 PM							
4:30 PM	Reformer - Marianne			Reformer - Nick			
5:30 PM	Reformer - Marianne			Reformer - Nick			
6:30 PM	Reformer - Marianne						
7:30 PM	Reformer - Marianne						

Group Fitness Timetable

Narrandjeri Reformer Studio

Time	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday - CLOSED	Friday 28/12
6:00 AM					
7:00 AM					
8:00 AM					
9:00 AM	Virtual Reformer	Virtual Reformer			Virtual Reformer
10:00 AM	Virtual Reformer	Virtual Reformer			Virtual Reformer
11:00 AM	Virtual Reformer	Virtual Reformer			Virtual Reformer
12:00 PM	Virtual Reformer	Virtual Reformer			Virtual Reformer
1:00 PM	Virtual Reformer	Virtual Reformer			Virtual Reformer
2:00 PM	Virtual Reformer	Virtual Reformer			Virtual Reformer
4:00 PM	Virtual Reformer	Virtual Reformer			Virtual Reformer
5:00 PM					
6:00 PM					
7:00 PM					

Functional Training Timetable

Gym (Skill X Area)

	Monday 23/12	Tuesday 24/12	Wednesday - CLOSED	Thursday 8am - 8pm	Friday 27/12	Saturday 28/12	Sunday 29/12
7:00 AM	Skill X - Simon	Skill X - Nathan					
8:15 AM						Skill X - Caitlin	Skill X - Vas
12:00 PM	SkillIX - Luke				Skill X - Simon		
4:30 PM							
6:30 PM	Skill X - Vas						

As Monday 23rd December - Sunday 29th December 2024
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Class Descriptions

Class Name	Studio	Description
Active Adult Strength	Main Studio	Over 60s strength-based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.
Zumba	Main Studio	A dance-based class using Latin and World rhythms for a total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility.
Active Adults Combo	Main Studio	This class combines low impact aerobics, strength exercises and balance, using various equipment, designed for over 60s. This class has everything - great music, movement and friends.
Active Adults Mat Pilates	Wellness Studio	Gentle over 60s mat Pilates session. Using the Pilates method to help improve your balance, flexibility and strength.
Yin Yoga	Wellness Studio	A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Powerful practice to alleviate stress and deeply release tension and tightness in the body.
Circuit	Main Studio	A workout that involves performing different exercises in small groups using dumbbells, barbells and bodyweight exercises. This class works on cardiovascular fitness and muscle toning and is suitable for all fitness levels.

Class Name	Studio	Description
Active Adults Reformer Pilates	Reformer Studio / Narrandjeri Studio	A full body workout, specifically designed for over 60s, using spring loaded resistance reformer beds. Low impact to improve flexibility & strength.
Active Adults Stretch & Balance	Wellness Studio	Gentle class designed for over 60s. Using a variety of props, improve balance and coordination in order to minimize falls risk. Our goal is to educate the importance of regular balance training and how it can improve overall health.
Active Adults Yoga	Wellness Studio	Gentle Yoga class, specifically designed for over 60s.
AquaFit	25m Indoor Pool	High-energy water workout which is delivered with upbeat music designed to protect joints with low-impact movements to improve muscular strength, cardiovascular fitness, flexibility and overall health. Combination of body weight exercises, using water as resistance, and equipment-based exercises such as dumbbells, kickboards and noodles.
Athletic Reformer Pilates	Reformer Studio / Narrandjeri Studio	The perfect session to get your heart rate pumping. Pilates apparatus used to elevate your practice, changes of pace with dynamic movements. Great for intermediate level. Not suitable for beginners, pre-natal or those recovering from injury. Must be confident on the Reformer.
Foundation Reformer	Reformer Studio / Narrandjeri Studio	New to Reformer? This class is for you! A beginner class, designed to get you comfortable on the Reformer carriage, teaching basic movements with minimal equipment.

Class Name	Studio	Description
Barre Fusion	Wellness Studio	A fusion of ballet, yoga and Pilates. Designed to challenge core stability and balance using body weighted movements, light hand weight, Pilates rings and balls. Class can be conducted with a char, Barre-less or Ballet Barre.
Body Attack	Main Studio	A high-energy fitness class with moves that cater for total beginners to the experienced. Body Attack combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.
Body Balance	Wellness Studio	A yoga-based fitness class that combines simple yoga movements with elements of Tai Chi and Pilates. The class is designed to improve your mind, body, and life by increasing flexibility , core strength, and reducing stress levels. You can expect to bend and stretch through a series of simple yoga moves with an inspiring soundtrack in the background.
Body Combat	Main Studio	A martial arts-inspired workout that is non-contact. Punching and kicking movements will increase fitness and burn calories in a class. Body Combat moves will come from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.
Body Pump	Main Studio	The original barbell class that strengthens and tones your entire body to ensure you get results fast. Using a combination of motivating music, fantastic instructors, and scientifically proven moves to help achieve fitness targets.
Body Step	Main Studio	A pre-choreographed energizing full body cardio step workout to upbeat music. Body Step uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks increase intensity and muscle shape and tone.

Class Name	Studio	Description
Les Mills Core	Main Studio	<p>LES MILLS CORE® is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.</p> <p>During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.</p>
Cycle	Cycle Studio	<p>An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.</p>
Chair Yoga	Wellness Studio	<p>Uses a chair as a prop for support and balance, making it perfect for seniors and people with injuries and health conditions who want to improve their fitness and balance but can't get up and down from the ground. We include seated and standing options (where appropriate) to let participants choose their level of challenge. Classes also include breathwork and guided meditation to relax the nervous system and calm the mind.</p>
Hatha Yoga	Wellness Studio	<p>Classical yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels.</p>
HIIT + Core	Main Studio	<p>High Intensity Interval Training – 30 minutes of interval-based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Bonus core exercises for a dynamic finish.</p>
Iyengar Yoga	Wellness Studio	<p>Includes the use of props to help participants gain the correct alignment suitable for their individual body.</p>
Les Mills Sprint	Cycle Studio	<p>High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalized coaching with intervals of strength, speed and power will push you to the max.</p>

Class Name	Studio	Description
Mat Pilates	Wellness Studio	The Pilates method is designed to strengthen your deep core muscles, which in turn raises your stability & mobility allowing you to move freely with confidence. A variety of props can be incorporated into exercises such as balls, bands and Pilates rings to tone and strengthen your body.
Meditation	Wellness Studio	Be guided towards a calm, clear, observant mind. Learn breathing techniques, experience sound meditation, try visualization and relaxation techniques, to help reduce stress, anxiety and improve your overall wellbeing.
Restorative Yoga	Wellness Studio	A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.
RPM	Cycle Studio	A pre-choreographed group indoor cycling workout where you control the intensity. Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.
Slow Flow Yoga	Wellness Studio	A slower-paced form of yoga, incorporating a combination of traditional yoga poses that flow from one to the next and are often held for longer during the sequence.
THT	Main Studio	Tummy, hips, thighs. A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness.
Vinyasa Yoga	Wellness Studio	A combination of foundation postures with progressions to try if you choose. Sequencing will flow using breath, strength, flexibility and balance. Suitable for all levels with plenty of options to suit your body.
Reformer Pilates	Reformer Studio	Our Reformer Pilates classes are designed for all fitness and ability levels, to improve fitness, movement, and flexibility. Your friendly instructor will offer progressions and regressions throughout the session.

Class Name	Studio	Description
Virtual Body Attack	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energising cardio class. Bring your towel and drink bottle.
Virtual Body Combat	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energetic martial arts-inspired class, all fitness levels welcome. Please bring your towel and drink bottle.
Virtual Body Pump	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Strength-based class; equipment required barbell, weights and a bench. Please bring your towel and drink bottle.
Virtual Grit	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. 30-minute-high intensity interval training workouts that focus on Strength, Cardio or Plyometrics. Please bring your towel and drink bottle.
Virtual Les Mills Core	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Core conditioning class, equipment required: weight plates and smart band. Please bring your towel and drink bottle.
Virtual ShBam	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Fun and energetic dance class. Please bring your towel and drink bottle.

Class Name	Studio	Description
Virtual RPM	Cycle Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen - RPM is a group indoor cycling workout where you control the intensity.
Virtual Les Mills Sprint	Cycle Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen - 30-minute high-intensity interval training on a bike with LES MILLS SPRINT: quick and hard training that delivers rapid results.
Virtual The Trip	Cycle Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen - The Trip™ is a fully-immersive cycling class set in a digital world. Experience a world of ice glaciers, mountain peaks, jungles and underwater caverns with our exclusive group cycle class The Trip™ by Les Mills.
Virtual Body Balance	Main Studio	Virtual screen bursts into life at the start of the class and you follow the instructions on the screen - BODYBALANCE™ is ideal for anyone and everyone, is a new generation yoga class that will improve your mind, your body and your life.

Class Name	Studio	Description
Les Mills Core	Main Studio	<p>LES MILLS CORE® is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.</p> <p>During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.</p>
Grit - Athletic	Main Studio	<p>LES MILLS GRIT® Athletic is a 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.</p>
Grit - Cardio	Main Studio	<p>LES MILLS GRIT® Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.</p>
Grit - Strength	Main Studio	<p>LES MILLS GRIT® Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.</p>