GROUP FITNESS TIMETABLE

October - December 2026

THE FITNESS EDGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	CIRCUIT	LESMILL RPM	CIRCUIT	BOXING	TABATA		
8:00AM			FITN'WELL			LESMILLS BODYCOMBAT	CIRCUIT
9:00AM			PILATES CYCLE	ABT	PILATES	LESMILLS BODYPUMP	PILATES
9:30AM	LESMILLS BODYCOMBAT CYCLE	LESMILLS BODYPUMP					
10:00AM		CIRCUIT	STEP/CORE	LESMILLS BODYPUMP CYCLE	LESMILLS BODYCOMBAT	CARDIO BLAST LESMILLS RPM	STRETCH
10:30AM	LESMILLS BODY PUMP HIIT EDGE	ZUMBA					
11:00AM			PILATES 4 SENIORS	HIIT EDGE YOGA	CYCLE TABATA STRETCH	PILATES	
11:30AM	STRETCH	YOGA					
12:00PM				ZUMBA GOLD	BOXING	FITN'WELL	
12:30PM	ZUMBA GOLD	BOXING	HIIT EDGE				
1:30PM	FITN'WELL	FITN'WELL		FITN'WELL	FITN'WELL		
5:30PM	LESMILLS CORE	ZUMBA GOLD	LESMILLS BODYPUMP	LESMILLS CORE			
6:00PM		CYCLE					
6:30PM	CYCLE LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	STRETCH LESMILLS RPM	BOXING			
7:30PM	STRETCH	HIIT EDGE YOGA	LESMILLS BODYCOMBAT	ZUMBA			

AQUA TIMETABLE October - December 2026

7:00AM		MIX	MIX	MIX	MIX	MIX	
8:00AM	POWER	POWER	POWER	POWER	POWER-*L		
8:30AM							POWER-*L
9:40AM						MIX	
10:00AM	MIX	MIX	POWER	POWER	MIX		
11:00AM							
02:00PM	MIX		MIX				
06:50PM		MIX		MIX			

AQUA BOOKINGS OPEN 25HRS PRIOR TO CLASS START TIME

FITNESS ON DEMAND Can't make a class? Ask our staff about **Fitness On Demand.**

THE FITNESS EDGE

Class intensity levels are indicated, but lower-impact options, are always available. Please inform your instructor of any injuries or pregnancy before class, and work at your own pace. While we aim to keep the timetable accurate, classes and instructors may change at short notice. We reserve the right to cancel classes if needed.

GROUP CLASS DESCRIPTION:

LOW INTENSITY 🔥

AQUA RHYTHM:
Grab your aqua buddies and have fun during this simple and gentle full-body workout ideal for first-timers, seniors, or those rehabilitating from injury.

ESSENTIAL PILATES:
Class is a low intensity open class for all adults who want to learn the technique & practice of Pilates. Goal is to master the basic moves, great for beginners.

PILATES:
Class for all adults who want to learn the technique & practice of Pilates. Goal is to increase strength and flexibility using whole body movement to maintain mobility going forward.

STRETCH:
Energise your body and focus on your breathing, mobility, and flexibility during a complete head-to-toe stretch. Finishing with mindful relaxation.

YOGA:
If you can breathe, you can do yoga! Through controlled breathing, postures, and meditation, this class promotes mental, physical and spiritual awareness. Practice self-reflection and kindness. Leave feeling peaceful and self-aware.

ZUMBA GOLD:
Get your boost of energy and a serious dose of awesome! This fun and energetic calorie-burning dance fitness party combines Latin and World rhythms at a slower pace. It will make you feel amazing!

Please note:
Cycle classes are located in the spin room; all other classes are located in the Group Fitness room.

ACCESS AND PARKING

Access before 10am via the early morning entrance, located 30 metres north of the main club entrance. Use the club entrance before 10am for pram users and wheelchair access. Undercover parking is available in the club car park from 7am for current Fitness Edge members.

THE FITNESS EDGE 24/7 GYM

STAFF HOURS MON–FRI: 5:30AM – 9:00PM
SAT–SUN: 6:30AM – 7:00PM

CRÈCHE (AGES 3 MONTHS – 12YRS)

MON: 8:45AM – 1:00PM + 4:30PM – 7:30PM
TUES–FRI: 8:45AM – 1:00PM +
SAT: 8:30AM – 12:30AM
SUN: CLOSED

GYM AFTER HOURS ENTRY

MON-THURS: 8:00PM – 5:30AM
FRI: 7:30PM – 6:30AM
SAT: 3:00PM – 6:30AM

MODERATE INTENSITY 🔥🔥

ABT:
A triple threat workout: Tone your Abs, Butt and Thighs Just like the name says, this class focuses on strengthening and toning your lower body and core. Fire up the muscles and build lean muscle in your Legs, Glutes and Abs. Options available for every fitness level.

AQUA MIX:
Be ready to improve your cardio, strength, and mobility with this energising mix of all aqua styles.

BOXING:
Put on your boxing gloves, grab your place at a boxing bag, and get ready to fight it out in this mix of circuit, freestyle boxing rounds, and bodyweight training. Work your core, increase your cardio fitness, improve hand-eye coordination, and sharpen those reflexes! **INNERS MUST BE WORN, BYO OR BUY FROM RECEPTION**

CARDIO BLAST:
Sweat out your Saturday morning to bumping tunes! Designed to improve your coordination and cardio fitness, you'll be taken through a fun choreographed routine. Low-high impact options.

CIRCUIT:
Stations of exercises, work at your own pace within a set time upper/lower body workout.

FIT N WELL:
Looking to improve your quality of life? This class will improve coordination strength, balance, reflexes, and flexibility in this gentle full-body workout. Great for mixed fitness levels - from post rehab to good functioning mobility. Chairs are used in class.

LES MILLS CORE:
LES MILLS CORE is a **50 minute** core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

TOTAL BODY:
This class blends cardio, hand weights, resistance bands, and step work to get your heart pumping and your body sweating. It's a fun, full-body workout that's truly a mixed bag - expect variety, challenge, and results!

ZUMBA:
Get your boost of energy and a serious dose of awesome! This fun and energetic calorie-burning dance fitness party combines Latin and World rhythms and will make you feel amazing!

HIGH INTENSITY 🔥🔥🔥

AQUA POWER:
Get ready for this high- energy workout! This class will challenge you to get cardio fit, using the water as resistance to build strength and get your heart rate up. *L=48 people and 4 lanes

CYCLE/RPM:
The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burnt.

HIIT EDGE:
Boost your metabolism with this high intensity interval training circuit! Designed to increase functional strength, conditioning and cardio fitness using a variety of movements and work/ rest periods, you'll get your total body workout in just 45 minutes!

LES MILLS BODYCOMBAT:
BODYCOMBAT is our martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training.

LES MILLS BODYPUMP:
This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast!

STEP-CORE:
Ready for a fitness challenge that builds strength and boosts cardio endurance! Look no further than our Step/Core Blend!

Step up the calorie burn with adjustable step height and intensity, paired perfectly with core work to strengthen you from within.

TABATA:
Fire up your metabolism, aerobic AND anaerobic fitness in this extreme version of HIIT! For gym junkies ready to take their fitness to the next level.

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