

CHRISTMAS GROUP FITNESS TIMETABLE

Monday 21st - Sunday 27th December

Classes are suitable for all fitness levels but if you're looking for a more challenging workout, try one of the 45 minute Omnia classes!



MAIN STUDIO

	MON	TUE	WED	THU	FRI
5.45 AM	BODYBALANCE 45 mins	BODYPUMP 45 mins		YOGA 60 mins	
7.15 AM					
8.35 AM		BODYPUMP 45 mins		ABT 45 mins	
9.15 AM			BODYATTACK 45 mins		
9.30 AM	BODYPUMP 60 mins	ZUMBA 60 mins		BODYCOMBAT 30 mins	
10.05 AM			CXWORX 30 mins	BODYPUMP 45 mins	
10.40 AM	YOGALATES 75 mins	PILATES 60 mins	BODYBALANCE 60 mins		
11.00 AM				YOGALATES 75 mins	
1.00 PM	BODYBALANCE 30 mins				
5.15 PM	BODYPUMP 30 mins	HIIT 30 mins	CLUBBERCISE 60 mins		
5.50 PM	CXWORX 30 mins	CORE 30 mins	OUTDOOR BOXING 30 mins		
6.25 PM	ZUMBA 45 mins	BODYPUMP 45 mins	BODYPUMP 45 mins		
7.15 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins		

STUDIO 2

	MON	TUE	WED	THU	FRI
5.10 AM	OMNIA 30 mins		OMNIA 30 mins		
5.30 AM		OMNIA 30 mins		OMNIA 30 mins	
5.45 AM	RPM 45 mins		RPM 45 mins		
6.15 AM		OMNIA 30 mins		OMNIA 30 mins	
6.35 AM	OMNIA 30 mins		OMNIA 30 mins		
7.30 AM		OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins	
8.45 AM		OMNIA 30 mins		OMNIA 30 mins	
9.15 AM	OMNIA 30 mins		OMNIA 30 mins		
9.30 AM		RPM 45 mins		OMNIA 45 mins	
10.00 AM	OMNIA 30 mins		OMNIA 30 mins		
10.20 AM		OMNIA 30 mins		OMNIA 30 mins	
10.45 AM	OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins		
12.00 PM					
2.00 PM		OMNIA 30 mins			
4.40 PM	OMNIA 30 mins		OMNIA 30 mins		
5.20 PM	OMNIA 30 mins				
5.30 PM		OMNIA 30 mins	OMNIA 30 mins		
5.55 PM	RPM 45 mins				
6.15 PM		OMNIA 45 mins	RPM 45 mins		
6.30 PM					

HEALTH CLUB

	MON	TUE	WED	THU	FRI
10.30 AM	LLLS 120 mins		LLLS 120 mins		
3.30 PM					

AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM		AQUA FIT 45 mins			
8.40 AM	STRENGTH 45 mins		AQUA ENERGY 45 mins		
9.30 AM	AQUA CARDIO 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	
10.30 AM		AQUA ENERGY 45 mins		AQUA ENERGY 45 mins	
5.30 PM		AQUA DEEP 45 mins	AQUA FIT 45 mins		
6.30 PM	AQUA FIT 45 mins		AQUA ENERGY 30 mins		
	SAT	SUN			
8.40 AM					
9.30 AM		AQUA FIT 45 mins			

ARENA

4 Townley St, Armadale

	MON	TUE	WED	THU	FRI	SAT
9.30 AM	WAR 60 mins	RIP 60 mins	POWER STEP 60 mins	RIP 60 mins		9.00 AM

	SAT	SUN
7.10 AM		
8.05 AM		
9.00 AM		OMNIA 45 mins
9.50 AM		

Outdoor boxing classes will be held on the grassed area near the outdoor 50m pool. This class requires BYO glove inners, which can be purchased at reception.

This timetable is current as of 16 December 2020. Please note that classes are regularly reviewed and are subject to change at any time.

CHRISTMAS GROUP FITNESS TIMETABLE

Monday 28th December - Sunday 3rd January

Classes are suitable for all fitness levels but if you're looking for a more challenging workout, try one of the 45 minute Omnia classes!

MAIN STUDIO

	MON	TUE	WED	THU	FRI
5.45 AM					
7.15 AM					
8.35 AM		BODYPUMP 45 mins			
9.15 AM			BODYATTACK 45 mins		
9.30 AM		ZUMBA 60 mins		BODYCOMBAT 30 mins	
10.05 AM			CXWORX 30 mins	BODYPUMP 45 mins	
10.40 AM		PILATES 60 mins	BODYBALANCE 60 mins		
11.00 AM				YOGALATES 75 mins	
1.00 PM					
5.15 PM		HIIT 30 mins	CLUBBERCISE 60 mins		
5.50 PM		CORE 30 mins			
6.25 PM		BODYPUMP 45 mins	BODYPUMP 45 mins		
7.15 PM		BODYBALANCE 60 mins	PILATES 60 mins		

HEALTH CLUB

	MON	TUE	WED	THU	FRI
10.30 AM			LLLS 120 mins		
3.30 PM					

AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM					
8.40 AM					
9.30 AM		AQUA FIT 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	
10.30 AM					
5.30 PM		AQUA DEEP 45 mins	AQUA FIT 45 mins		
6.30 PM			AQUA ENERGY 30 mins		

	SAT	SUN
8.40 AM	AQUA DEEP 45 mins	
9.30 AM	AQUA ENERGY 45 mins	AQUA FIT 45 mins

ARENA

4 Townley St, Armadale

	MON	TUE	WED	THU	FRI	SAT
9.30 AM						9.00 AM

STUDIO 2

	MON	TUE	WED	THU	FRI
5.10 AM					
5.30 AM		OMNIA 30 mins		OMNIA 30 mins	
5.45 AM			RPM 45 mins		
6.15 AM		OMNIA 30 mins			
6.35 AM			OMNIA 30 mins		
7.30 AM		OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins	
8.45 AM		OMNIA 30 mins		OMNIA 30 mins	
9.15 AM			OMNIA 30 mins		
9.30 AM		RPM 45 mins		OMNIA 45 mins	
10.00 AM					
10.20 AM					
10.45 AM			OMNIA SENIOR 30 mins		
12.00 PM					
2.00 PM					
4.40 PM			OMNIA 30 mins		
5.20 PM					
5.30 PM		OMNIA 30 mins			
5.55 PM					
6.15 PM			RPM 45 mins		
6.30 PM					

	SAT	SUN
7.10 AM	RPM 45 mins	
8.05 AM	OMNIA 45 mins	RPM 45 mins
9.00 AM	RPM 45 mins	OMNIA 45 mins
9.50 AM	OMNIA 45 mins	OMNIA 45 mins



This timetable is current as of 16 December 2020. Please note that classes are regularly reviewed and are subject to change at any time.