



# HEALTH AND FITNESS TIMETABLE

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Active  
ARMADALE  
FITNESS AND  
AQUATIC CENTRE

## MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM		BODY PUMP			BODY PUMP	8:15 AM BODY PUMP	
9:10 AM	BODY COMBAT	CLUB FIESTA	BODY STEP	BODY COMBAT	ABT	9:10 AM BODY STEP	BODY PUMP
10:05 AM	BODY PUMP	ABT	BODY BALANCE	BODY PUMP	YOGA	10:05 AM ZUMBA	BODY COMBAT
11:00 AM	YOGALATES	PILATES	ZUMBA GOLD	YOGALATES		11:00 AM BODY BALANCE	YOGA
5:15 PM	BODY PUMP	BODY PUMP	CLUBBER-CISE	CLUB FIESTA	BODY BALANCE		
6:15 PM	ZUMBA	BODY COMBAT	BODY PUMP	BOX FIT			
7:15 PM	YOGA	BODY BALANCE	PILATES	PILATES			

## CYCLE STUDIO

	MON	TUE	WEDS	THUR	FRI	SAT	SUN
5:45 AM	RPM		RPM	RPM	RPM	8:15 AM RPM	
9:10 AM		RPM			RPM		
5:30 PM	RPM			RPM			

## CYCLE STUDIO - VIRTUAL TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM		THE TRIP				8:15 AM	SPRINT
6:45 AM		SPRINT		SPRINT		9:10 AM	THE TRIP
7:15 AM	SPRINT		THE TRIP		SPRINT	10:05 AM	SPRINT
10:05 AM	THE TRIP		THE TRIP		THE TRIP	3:00 PM	THE TRIP
12:30 PM	SPRINT	THE TRIP	SPRINT	THE TRIP	THE TRIP		SPRINT
1:30 PM	THE TRIP	SPRINT	THE TRIP		SPRINT		
5:30 PM		THE TRIP	THE TRIP		THE TRIP		
7:15 PM	THE TRIP	SPRINT	SPRINT				

## OMNIA STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:10 AM	OMNIA	OMNIA	OMNIA	OMNIA	OMNIA	7:30 AM OMNIA	OMNIA
5:50 AM	OMNIA		OMNIA			9:10 AM OMNIA STRONG	OMNIA STRONG
6:10 AM		OMNIA STRONG		OMNIA STRONG			
6:40 AM	OMNIA		OMNIA		OMNIA		
8:40 AM	OMNIA	OMNIA	OMNIA	OMNIA	OMNIA		
9:30 AM	OMNIA STRONG	OMNIA	OMNIA STRONG	OMNIA			
10:45 AM	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR		
4:40 PM	OMNIA	OMNIA STRONG	OMNIA	OMNIA STRONG	OMNIA		
5:40 PM	OMNIA STRONG	OMNIA	OMNIA STRONG				

## AQUA FITNESS

	MON	TUE	WED	THU	FRI	SAT	SUN
7:50 AM		AQUA STRENGTH				8:40 AM	AQUA DEEP
8:40 AM	AQUA STRENGTH	AQUA FIT	AQUA ZUMBA		AQUA STRENGTH	9:00 AM	AQUA FIT
9:30 AM	AQUA ENERGY		AQUA FIT	AQUA ENERGY	AQUA ENERGY	9:30 AM	AQUA HIIT
5:30 PM	AQUA DEEP						
7:05 PM		AQUA ZUMBA		AQUA FIT			



## BODY STEP

⌚ 45 Mins

This is a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

## BODYBALANCE

⌚ 45 Mins

A mix of Yoga, Tai Chi and Pilates that builds flexibility and strength, leaving you feeling centred and calm.

## BODYCOMBAT

⌚ 45 Mins

Punch and kick your way to fitness. This empowering, martial arts inspired workout is non-contact and based on disciplines such as Karate, Boxing, Taekwondo and Muay Thai.

## BODYPUMP\*

⌚ 45 Mins

The original Les Mills barbell class that strengthens and tones your entire body using weights and a Les Mills Smart Bar.

\*16 years and above.

## RPM

⌚ 45 Mins

Work up a sweat and burn calories with this indoor cycling workout, riding through different terrains with your instructor to the rhythm of powerful music.

## ZUMBA

⌚ 45 Mins

Zumba classes take the 'work' out of workout, by mixing low and high intensity moves for a fun, calorie-burning dance fitness party! It's a total body workout combining all elements of fitness, but most importantly it's super fun!

## ZUMBA GOLD

⌚ 45 Mins

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## CLUBBERCISE

⌚ 45 Mins

Held in the dark and using glow sticks as fun props, improve your fitness with easy to follow dance, combat and cardio moves to club anthems from the 90's to today.

## CLUB FIESTA

⌚ 45 Mins

A fun, dance-inspired workout with great music to get your whole body moving! Suitable for all levels, you'll dance, box, squat, crunch and sing in this class - who said workouts couldn't be fun?

## BOX FIT

⌚ 45 Mins

This is a fun, total body workout inspired by boxing combos with pads and gloves and other circuit-based exercises. This is a boxing for fitness class where all abilities are welcomed. Bring a partner or buddy up with someone in the class.

## ABT

⌚ 45 Mins

Let's work your Abs, Butts and Thighs! This is a freestyle workout to help strengthen and tone your whole lower body.

## PILATES

⌚ 60 Mins

Develop muscle tone and improve alignment throughout your body. Pilates can help correct weaknesses, make you more resistant to injury and enhance core strength and posture.

## YOGA

⌚ 60 Mins

Wind down and work your flexibility and strength. Focus on breath and mental awareness while working through postures to keep you calm and centred.

## YOGALATES

⌚ 60 Mins

This class is a restorative combination of Yoga and Pilates to help manage pain and prevent injuries. Finishing with a calm meditation at the end, this is a complete wellbeing class.

## OMNIA\*

⌚ 30 Mins

A functional training class which optimises strength, endurance, flexibility, coordination and speed. Small group training sessions, providing individual attention with a sense of community.

\*16 years and above.

## OMNIA SENIOR\*\*

⌚ 30 Mins

A low-impact, functional training session designed specifically for seniors.

\*\*50 years and above.

## OMNIA STRONG\*

⌚ 45 Mins

A slightly more intense version of our popular Omnia class, designed for more experienced users and concentrating on strength and conditioning.

\*16 years and above.

## AQUA DEEP

⌚ 45 Mins

Held in our 50m pool. A great cardiovascular workout using a buoyancy belt in deep water.

## AQUA ENERGY

⌚ 45 Mins

Held in our indoor 25m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina.

## AQUA FIT

⌚ 45 Mins

Held in our 25m pool. A low impact, cardio workout using a variety of equipment where participants can control the intensity dependent on their fitness level.

## AQUA HIIT

⌚ 45 Mins

Held outside in the 50m pool, this is a high intensity workout focusing on interval training to improve cardiovascular fitness fast!

## AQUA STRENGTH

⌚ 45 Mins

Held in our indoor 25m pool, this low intensity class uses a variety of equipment for a total body workout, designed to improve strength and core stability.

## AQUA ZUMBA

⌚ 45 Mins

Come and try this water-based dance class! It's a low impact, high-energy and super fun aquatic exercise class suitable for all fitness levels.

## VIRTUAL LES MILLS SPRINT

⌚ 30 Mins

In this High-Intensity Interval Training (HIIT) Cycle workout, you'll work as hard as possible in short, intense bursts; then recover during rest periods that prepare you for the next effort. This will take your training to the next level!

## VIRTUAL THE TRIP

⌚ 45 Mins

In this Cycle class, you'll take a journey through bright, colourful, and fun digitally-created worlds in this fully immersive workout experience suitable for all fitness levels.

Please note, safety is always our number one priority. Virtual classes may feature the use of strobe lighting, flashing, and rapid imagery changes and are not suitable for those prone to seizures. Nausea and disorientation may be experienced by some participants, particularly those who suffer from motion sickness.

### PLEASE NOTE

- Late entry is not allowed. Please turn up early to class.
- Classes are regularly reviewed and are subject to change at any time.
- Please ensure you book into every class prior to attending, scan in and bring a full-sized towel.
- Aqua participants - please collect a wristband at least 5 minutes prior to class in order to gain admittance.
- This Timetable is current as of Monday 26 May 2025.