

**ZUMBA** ⊕ 45 minutes 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!

**CLUB FIESTA** ⊕ 45 minutes 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?

**MAT PILATES** ⊕ 60 minutes A low-impact exercise that uses body weight and gravity for resistance a mat, to strengthen and lengthen the entire body, with a particular focus on the core muscles.

**YOGALATES** ⊕ 60 minutes 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.

**LES MILLS VIRTUAL** ⊕ 15-60 minutes Les Mills Virtual is here! Enjoy world-class group fitness with high-energy, on-demand and scheduled classes now available. Classes listed as 'V' are scheduled Virtual classes. 'On Demand' timeslots allow you to choose your class.

**NEW VIRTUAL OPTIONS**

**GRIT:** a 30 minute HIIT class with Strength, Cardio and Athletic options. Please go at your own pace during this class.

**LM DANCE:** a fun dance class improving fitness, coordination and dance skills.

**ZUMBA GOLD** ⊕ 45 minutes 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 minutes Clubbercise is a high-energy dance fitness class set in a darkened room with disco lights and glow sticks, set to a soundtrack of popular club anthems. It combines easy-to-follow dance, toning, and combat moves with high and low-impact options, making it suitable for all fitness levels.

**YOGA** ⊕ 60 minutes Wind down and work your flexibility and strength. Focus on breath and mental awareness while working through postures to keep you calm and centred.

**BOX FIT** ⊕ 45 minutes This is a fun, total body workout inspired by boxing combos with pads and gloves and other circuit-based exercises. All abilities welcome. Bring a partner or buddy up with someone in the class.

**BODY ATTACK:** an athletic workout focusing on cardio fitness, stamina and agility.

**CORE:** a 30 or 45min class focusing on strengthening the core muscles for balance and stability.

**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 also be sure to take these classes at your own pace and take breaks when required.

**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	
6:10 AM		OMNIA		OMNIA				
6:40 AM	OMNIA		OMNIA		OMNIA			
8:40 AM	OMNIA	OMNIA	OMNIA	OMNIA	OMNIA			
9:30 AM	OMNIA STRONG	OMNIA	OMNIA STRONG	OMNIA	OMNIA STRONG			
10:45 AM	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR	OMNIA SENIOR			
4:40 PM	OMNIA	OMNIA STRONG	OMNIA	OMNIA STRONG	OMNIA			

**OMNIA\*** ⊕ 30 minutes 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 STRONG\*** ⊕ 45 minutes 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.

**OMNIA SENIOR\*\*** ⊕ 30 minutes A low-impact, functional training session designed specifically for seniors. \*\*50 years and above.

**LIMITLESS TEENS**

ARE YOU LOOKING FOR A FUN, SAFE, AND EMPOWERING WAY FOR YOUR 12-15 YEAR OLD TEEN TO BUILD A HEALTHY RELATIONSHIP WITH EXERCISE? OUR LIMITLESS TEENS PROGRAM HAS YOU COVERED!

SCAN THE CODE TO FIND OUT MORE.W



**HEALTH & FITNESS TIMETABLE**

Active ARMADALE FITNESS AND AQUATIC CENTRE

Effective from Monday 4 May 2026

# MAIN STUDIO

	MON	TUE	WED	THU	FRI
5:05 AM	V.GRIT 30MINS	V.ATTACK 30MINS	V.GRIT 30MINS	V.ATTACK 30MINS	
5:45 AM	V.ATTACK 45MINS	BODY PUMP		V.BODY PUMP 45MINS	BODY PUMP
6:40 AM	V.CORE 30MINS	V.BALANCE 30MINS	V.CORE 30MINS	V.BALANCE 30MINS	V.ATTACK 30MINS
7:20 AM	ON DEMAND 7:20AM-9:00AM	ON DEMAND 7:20AM-9:00AM	ON DEMAND 7:20AM-9:00AM	ON DEMAND 7:20AM-9:00AM	ON DEMAND 7:20AM-9:00AM
9:10 AM	BODY COMBAT	LM SHAPES	BODY STEP	BODY COMBAT	LM SHAPES
10:05 AM	BODY PUMP	ZUMBA	BODY BALANCE	BODY PUMP	YOGA
11:00 AM	YOGALATES	PILATES	ZUMBA GOLD	YOGALATES	
11:15 AM					
12:15 PM	ON DEMAND 12:15PM-1:45PM				
2:45 PM		ON DEMAND 12:15PM-5:00PM	ON DEMAND 2:45PM-5:00PM	ON DEMAND 12:15PM-5:00PM	ON DEMAND 11:15AM-5:00PM
3:45 PM	ON DEMAND 3:45PM-5:00PM				
5:15 PM	BODY PUMP	BODY PUMP	CLUBBER-CISE	CLUB FIESTA	BODY BALANCE
6:15 PM	ZUMBA	BODY COMBAT	BODY PUMP	BOX FIT	
6:30 PM					ON DEMAND 6:30PM-8:45PM
7:15 PM	YOGA	BODY BALANCE	PILATES	PILATES	

**BODY STEP** ⊕ 45 minutes Les Mills BODYSTEP is a fun, full-body cardio and conditioning workout that uses a step platform for rhythmic stepping, squats, and lunges to tone the legs and glutes.

**BODYBALANCE** ⊕ 45 minutes Les Mills BODYBALANCE is a Yoga-based group fitness class that blends the ancient practices of Tai Chi, Pilates, and Yoga to build strength, improve flexibility, and foster a sense of inner calm and well-being.

**BODYCOMBAT** ⊕ 45 minutes Les Mills BODYCOMBAT is a high-energy, non-contact martial arts-inspired workout that combines movements from various disciplines like

Karate, Boxing, and Muay Thai to improve cardio fitness, strength, and agility.

**BODYPUMP\*** ⊕ 45 minutes Les Mills BODYPUMP is the original barbell-based fitness class that uses light to moderate weights and high repetitions to build strength, tone muscles, and improve overall fitness \*16 years and above.

**LES MILLS SHAPES** ⊕ 45 minutes Les Mills Shapes is a low-impact, full-body, strength-based workout class that blends the principles of Pilates, Barre, and Power Yoga, set to modern music.

# CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	RPM	V.THE TRIP	RPM	RPM	RPM		V.BALANCE 60MINS
6:45 AM		V.SPRINT		V.SPRINT			
7:15 AM	V.SPRINT		V.THE TRIP				
9:10 AM		RPM		V.SPRINT	RPM		
10:05 AM	V.THE TRIP		V.THE TRIP		V.THE TRIP		
10:05 AM	V.SPRINT	V.THE TRIP	V.SPRINT	V.THE TRIP	V.THE TRIP		
1:30 PM	V.THE TRIP	V.SPRINT	V.THE TRIP		V.SPRINT		
3:15 PM	V.SPRINT		V.THE TRIP		V.SPRINT		
4:15 PM	V.THE TRIP		V.SPRINT		V.THE TRIP		
5:30 PM	RPM	V.THE TRIP	V.THE TRIP	RPM	V.THE TRIP		
7:15 PM	V.THE TRIP	V.SPRINT	V.SPRINT				

**RPM** ⊕ 45 minutes RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session, riding on a journey of hill climbs, sprints and flat riding.

**VIRTUAL SPRINT** ⊕ 30 minutes 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, taking your training to the next level!

**VIRTUAL THE TRIP** ⊕ 45 minutes In this indoor 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.

# 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			

**AQUA DEEP** ⊕ 45 minutes Aqua Deep is a cardiovascular workout performed in our 50m pool, using a buoyancy belt or noodles to keep you suspended, which eliminates joint impact while providing a high-intensity workout.

**AQUA ENERGY** ⊕ 45 minutes Aqua Energy is a high energy workout class held in our indoor 25m pool, designed for all fitness levels to help improve cardiovascular fitness and stamina.

**AQUA FIT** ⊕ 45 minutes Aqua Fit is a low impact, total body workout using a variety of equipment where participants can control the intensity dependent on their fitness level.

**AQUA HIIT** ⊕ 45 minutes Aqua HIIT is a high intensity workout held in our 50m pool, focusing on interval training to improve cardiovascular fitness fast!

**AQUA STRENGTH** ⊕ 45 minutes Aqua Strength is a low intensity class held in our 25m pool, using a variety of equipment for a total body workout, designed to improve strength and core stability.

**AQUA ZUMBA** ⊕ 45 minutes Aqua Zumba is a water-based dance class! Held in our 25m pool, it's a low impact, high-energy and super fun aquatic exercise class suitable for all fitness levels.

## 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.
- Bookings open online 23 hours prior to the start time of each class or session for members, and 3 hours prior at Reception for casuals.

