

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

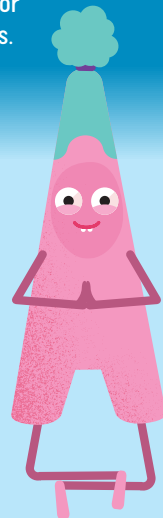
⌚ 45 minutes

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.

CYCLE STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:45 AM	RPM	V.THE TRIP	RPM	RPM	RPM	8:15 AM	RPM	V.SPRINT
6:45 AM		V.SPRINT		V.SPRINT		9:10 AM	V.THE TRIP	
7:15 AM	V.SPRINT		V.THE TRIP			10:05 AM	V.SPRINT	V.THE TRIP
9:20 AM		RPM		V.SPRINT	RPM	3:00 PM	V.THE TRIP	V.SPRINT
10:15 AM	V.THE TRIP	V.SPRINT	V.THE TRIP	V.SPRINT	V.THE TRIP			
12:30 PM	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			
4:35 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.



HEALTH & FITNESS TIMETABLE



Active
ARMADALE
FITNESS AND
AQUATIC CENTRE

Effective from Monday 13 July 2026

MAIN STUDIO

	MON	TUE	WED	THU	FRI
5:10 AM	ACTIVE 30	V.GRIT	ACTIVE 30	ACTIVE 30	V.GRIT
5:45 AM	ACTIVE 30	BODYPUMP	STRENGTH DEVELOPMENT	ACTIVE 30	BODYPUMP
6:25 AM	V.CORE			V.BALANCE	
6:40 AM		ACTIVE 30	ACTIVE 30		ACTIVE 30
7:15 AM	ON DEMAND 7:15AM-8:30AM				
8:40 AM	ACTIVE 30	ACTIVE 30	ACTIVE 30	ACTIVE 30	ACTIVE 30
9:20 AM	BODY COMBAT	LM SHAPES	BODY STEP	BODY COMBAT	LM SHAPES
10:10 AM	BODYPUMP	ZUMBA	BODY BALANCE	BODYPUMP	YOGA
11:05 AM	YOGALATES	PILATES	ZUMBA GOLD	YOGALATES	
12:10 PM	ON DEMAND 12:10PM-1:45PM				
1:45 PM					
2:45 PM		ON DEMAND 12:10PM-4:30PM		ON DEMAND 12:10PM-4:30PM	ON DEMAND 12:10PM-4:30PM
3:45PM	ON DEMAND 3:45PM-4:30PM		ON DEMAND 2:45PM-4:30PM		
4:30 PM					
4:40 PM	ACTIVE 30	ACTIVE 30	BODYPUMP HEAVY	ACTIVE 30	ACTIVE 30
5:20 PM	BODYPUMP	BODYPUMP	CLUBBERCISE	CLUB FIESTA	BODY BALANCE
6:15 PM	ZUMBA	BODY COMBAT	BODYPUMP	STRENGTH DEVELOPMENT	ON DEMAND 6:15PM-8:45PM
7:15 PM	YOGA	BODY BALANCE	PILATES	PILATES	

CLUBBERCISE

⌚ 45 minutes
A high-energy dance fitness class in a darkened room with disco lights and glow sticks, set to a soundtrack of popular club anthems. Easy-to-follow dance, toning, and combat moves with high and low-impact options for all fitness levels.

CLUB FIESTA

⌚ 45 minutes
A fun, dance workout set to great music. Move, box, squat and crunch your way through a fun, full-body class suitable for all levels.

ZUMBA
⌚ 45 minutes
A high-energy dance fitness class combining low and

high-intensity moves. Enjoy a fun, calorie-burning workout that works the whole body.

ZUMBA GOLD

⌚ 45 minutes
A lower-intensity Zumba class designed for active older adults, featuring modified moves for a fun and accessible full-body workout.

LES MILLS SHAPES

⌚ 45 minutes
A low-impact, full-body, strength-based workout class that blends the principles of Pilates, Barre, and Power Yoga.

BODYBALANCE

⌚ 45-55 minutes
A yoga-based group fitness class that blends Tai Chi, Pilates, and Yoga to build strength, improve flexibility,

and foster a sense of inner calm and well-being.

BODYCOMBAT

⌚ 45 minutes
A high-energy, non-contact martial arts workout featuring Karate, Boxing, and Muay Thai-inspired moves to improve cardio fitness, strength, and agility.

BODYPUMP*

⌚ 45 minutes
An original barbell-based

fitness class that uses light to moderate weights and high repetitions to build strength, tone muscles, and improve overall fitness.

BODY STEP

⌚ 45 minutes
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.

MAT PILATES

⌚ 55 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.

YOGA

⌚ 55 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.

YOGALATES

⌚ 55 minutes
A restorative combination of Yoga and Pilates class to help manage pain and prevent injuries. With a calm meditation at the end, this is a complete wellbeing class.

NEW PROGRAMS!

BODYPUMP HEAVY*

⌚ 30 minutes
A strength-training class focused on heavy lifting, using slower movements, heavier weights, and longer rest periods. Challenging and energizing, this is strength-training made fun, with iconic music and addictive energy.

ACTIVE 30*

⌚ 30 minutes
A functional small group training session, combining strength, cardio, coordination and endurance, using state-of-the-art equipment. A maximum of 12 per session allows for individual attention and encouragement.

STRENGTH DEVELOPMENT*

⌚ 45 minutes
A science-backed, progressive lifting program designed to build muscle, increase strength, and improve technique. It allows heavier, personalised, and slower lifting protocols aimed at progressive overload and hypertrophy.

ACTIVE STUDIO

	MON	TUE	WED	THU	FRI
10:45 AM	SENIOR FIT	SENIOR FIT	SENIOR FIT	SENIOR FIT	SENIOR FIT

SENIOR FIT

⌚ 30 minutes
A low-impact training session designed specifically for seniors, developing strength & stability, cardiovascular fitness and confidence. The small group training format allows your instructor to provide individual attention and encouragement, and to offer options to adjust exercises for more or less challenge as desired.
*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 QR CODE TO FIND OUT MORE.



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.