

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		
6:30 PM	AQUA DEEP					9:30 AM AQUA HIIT	
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

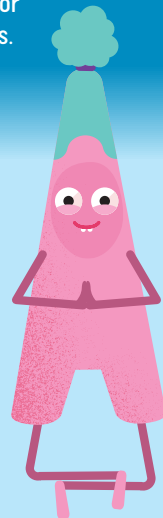
⌚ 45 minutes
Aqua Strength is a low intensity class held in our 25m pool, using a variety of equipment for a total body workout, designed to improve strength and core stability.

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

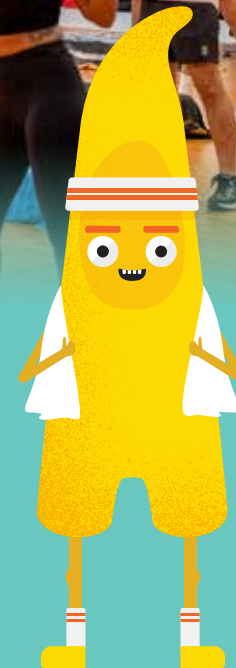
⌚ 45 minutes
RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session, riding on a journey of hill climbs, sprints and flat riding.

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 2 November 2026

MAIN STUDIO

	MON	TUE	WED	THU	FRI
5:05 AM		V.GRIT CARDIO			V.GRIT CARDIO
5:10 AM	ACTIVE 30		ACTIVE 30	ACTIVE 30	
5:45 AM	ACTIVE 30	BODYPUMP	STRENGTH DEVELOPMENT	ACTIVE 30	BODYPUMP HEAVY
6:40 AM	V.CORE	ACTIVE 30	ACTIVE 30	V.BALANCE	ACTIVE 30
7:20 AM	ON DEMAND 7:20AM - 7:50AM AND 8:00AM - 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 HEAVY	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 2:45PM-4:30PM	ON DEMAND 12:10PM-4:30PM	ON DEMAND 12:10PM-4:30PM
3:45PM	ON DEMAND 3:45PM-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	YIN YOGA
6:15 PM	ZUMBA	BODY COMBAT	BODYPUMP	STRENGTH DEVELOPMENT	ON DEMAND 6:30PM-8:45PM
7:10 PM	YOGA	BODY BALANCE	PILATES	PILATES	

LES MILLS VIRTUAL

⌚ **15-60 minutes**
Experience a selection of group fitness classes, taught by Les Mills’ own team of international presenters via our built-in screen. Choose your own group fitness class during our On-Demand sessions, choosing from Body Attack, Body Pump, Body Combat, Body Balance, Core, Dance, and GRIT Cardio, Strength and Athletic.

Directions:
Book an On-Demand timeslot online or at Reception. Arrive at the start time of that booking. Select the program on the I-Pad, using the instructions on the wall. Please do not enter the studio until the previous class has finished.

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.

LES MILLS SHAPES

⌚ **45 minutes**
Sculpt, tone, strengthen and condition your body with this low-impact, strength-based workout, blending the best of Pilates, Barre and Power Yoga.

BODYBALANCE

⌚ **45-55 minutes**
A beautiful blend of Yoga, Tai Chi and Pilates shaped to strengthen your body and free your mind. Flow, hold, stretch, strengthen and breathe. This workout leaves you feeling serene and strong.

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.

PILATES

⌚ **55 minutes**
Build your strength, core stability, balance, flexibility, proprioception, and mental focus, primarily targeting the "powerhouse" - the muscles of your core, lower back, hips, and glutes.

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.

YIN YOGA

⌚ **55 minutes**
A slow, meditative practice where floor-based postures are held for 3-5 minutes to target the fascia and deeper connective tissues. It balances faster, muscle-focused "yang" exercise by promoting mindfulness, relaxation, flexibility, and mind-body-spirit connection.

BODYPUMP HEAVY*

⌚ **30-45 minutes**
A strength training class using heavier weights, slower movements, and longer rest periods. This class is perfect for those wishing to try weight-training in a fun, safe, supportive, and guided session, with energising 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.

*16 years and above

ZUMBA

⌚ **45 minutes**
A fun, high energy dance fitness class, combining low and high intensity moves to a range of Latin and International rhythms. A calorie-burning class that works the whole body!

ZUMBA GOLD

⌚ **45 minutes**
A lower intensity Zumba dance class using easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to have fun and prepare to leave empowered!

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, easy-to-follow dance fitness class that combines Latin, Afro, Hip Hop, and global rhythms into an energetic full-body workout. Burn calories and boost your fitness in a welcoming, party-like atmosphere—no dance experience needed!

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.

