

AFL Grand Final Friday

Group Fitness Timetable
Fri 25 Sept 2026

Centre hours
8am-7pm

Live Classes

8.15am

AQUA MOVERS

9:30am

COACH BY COLOUR

10.30am

RESTORATIVE REFORMER

10.45am

TAI CHI

***NO Relentless Class**
NO Gentle AQUA Class

Virtual Fitness Classes

8.15am

V BODY BALANCE

9.30am

V CORE

12.15pm

V BODY COMBAT

5.30pm

V BODY BALANCE

6:30pm

V BODY PUMP

Virtual Cycle Classes

8.00am

V RPM

11.45am

V RPM

5:00pm

V SPRINT

6:00PM

Book Online or at Reception!