

Melbourne City Baths Group Fitness Autumn Timetable

# Friday 1 March 2024 – Friday 31 May 2024

Monday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 6.15am | Reformer Pilates | Reformer Studio |
| 6.15am | HIIT | Gym Studio |
| 7.30am | Reformer Pilates | Reformer Studio |
| 9.00am | Aqua | Program Pool |
| 9.00am | PRIME Circuit | Gym Studio |
| 10.00am | Reformer Pilates | Reformer Studio |
| 10.00am | Aqua | Program Pool |
| 11.00am | Yoga | Group Fitness Studio |
| 11.00am | Aqua | Program Pool |
| 12.00pm | Reformer Pilates | Reformer Studio |
| 12.15pm | HIIT | Gym Studio |
| 1.00pm | Yoga | Group Fitness Studio |
| 1.00pm | Reformer Pilates | Reformer Studio |
| 5.15pm | BodyPump | Group Fitness Studio |
| 5.20pm | Reformer Pilates | Reformer Studio |
| 5.30pm | Cycle | Cycle Studio |
| 6.00pm | GRIT Strength | Group Fitness Studio |
| 6.10pm | Reformer Pilates | Reformer Studio |
| 6.30pm | Boxing | Gym Studio |
| 6.45pm | Zumba | Group Fitness Studio |
| 7.00pm | Reformer Pilates | Reformer Studio |

Tuesday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 6.15am | Reformer Pilates | Reformer Studio |
| 6.15am | HIIT | Gym Studio |
| 6.30am | Swim Squad | Main Pool |
| 8.30am | Aqua | Program Pool |
| 8.30am | PRIME Circuit | Group Fitness Studio |
| 9.00am | PRIME Circuit | Gym Studio |
| 9.30am | Aqua Zumba | Main Pool |
| 10.00am | Yoga | Group Fitness Studio |
| 10.00am | Reformer Pilates | Reformer Studio |
| 11.00am | VIRTUAL Dance | Group Fitness Studio |
| 12.00pm | Reformer Pilates | Reformer Studio |
| 12.15pm | BodyPump | Group Fitness Studio |
| 1.00pm | Pilates | Group Fitness Studio |
| 1.00pm | Reformer Pilates | Reformer Studio |
| 1.00pm | Boxing | Gym Studio |
| 4.30pm | Reformer Pilates | Reformer Studio |
| 5.15pm | Pilates | Group Fitness Studio |
| 5.20pm | Reformer Pilates | Reformer Studio |
| 5.30pm | Boxing | Gym Studio |
| 6.00pm | BodyAttack | Group Fitness Studio |
| 6.10pm | Reformer Pilates | Reformer Studio |
| 6.30pm | Core | Group Fitness Studio |
| 7.00pm | Reformer Pilates | Reformer Studio |

Wednesday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 6.15am | Reformer Pilates | Reformer Studio |
| 7.30am | Reformer Pilates | Reformer Studio |
| 9.00am | Aqua | Program Pool |
| 9.00am | PRIME Circuit | Gym Studio |
| 9.30am | Zumba GOLD | Group Fitness Studio |
| 10.00am | Reformer Pilates | Reformer Studio |
| 10.00am | Aqua | Program Pool |
| 11.00am | VIRTUAL BodyAttack | Group Fitness Studio |
| 11.00am | Aqua | Program Pool |
| 12.00pm | Reformer Pilates | Reformer Studio |
| 12.15pm | GRIT Strength | Group Fitness Studio |
| 1.00pm | Yoga | Group Fitness Studio |
| 1.00pm | Reformer Pilates | Reformer Studio |
| 4.30pm | Reformer Pilates | Reformer Studio |
| 5.20pm | Mat Reformer | Reformer Studio |
| 5.30pm | Yoga | Group Fitness Studio |
| 5.30pm | HIIT | Gym Studio |
| 6.10pm | Reformer Pilates | Reformer Studio |
| 6.30pm | Boxing | Gym Studio |
| 6.45pm | Pilates | Group Fitness Studio |

Thursday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 6.15am | Yoga | Group Fitness Studio |
| 8.30am | PRIME Circuit | Group Fitness Studio |
| 9.00am | PRIME Circuit | Gym Studio |
| 10.00am | PRIME Pilates | Group Fitness Studio |
| 10.00am | Reformer Pilates | Reformer Studio |
| 11.00am | Yoga | Group Fitness Studio |
| 12.00pm | Reformer Pilates | Reformer Studio |
| 12.15pm | BodyPump | Group Fitness Studio |
| 1.00pm | Reformer Pilates | Reformer Studio |
| 4.30pm | Reformer Pilates | Reformer Studio |
| 5.30pm | BodyPump | Group Fitness Studio |
| 5.30pm | HIIT | Gym Studio |
| 5.45pm | Reformer Pilates | Reformer Studio |
| 6.30pm | Boxing | Gym Studio |
| 6.45pm | Zumba | Group Fitness Studio |
| 6.45pm | Reformer Pilates | Reformer Studio |

Friday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 6.15am | HIIT | Gym Studio |
| 6.30am | Swim Squad | Main Pool |
| 9.00am | PRIME Circuit | Gym Studio |
| 9.30am | Zumba GOLD | Group Fitness Studio |
| 10.00am | Reformer Pilates | Reformer Studio |
| 11.00am | VIRTUAL BodyPump | Group Fitness Studio |
| 11.00am | Aqua | Program Pool |
| 12.00pm | Reformer Pilates | Reformer Studio |
| 12.00pm | Aqua | Program Pool |
| 1.00pm | Boxing | Gym Studio |
| 5.30pm | Yoga | Group Fitness Studio |
| 5.30pm | Circuit | Gym Studio |
| 6.45pm | VIRTUAL BodyBalance | Group Fitness Studio |

Saturday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 8.30am | Pilates | Group Fitness Studio |
| 9.00am | HIIT | Gym Studio |
| 9.30am | BodyPump | Group Fitness Studio |
| 9.30am | Reformer Pilates | Reformer Studio |
| 10.30am | BodyAttack | Group Fitness Studio |
| 10.30am | Reformer Pilates | Reformer Studio |
| 11.30am | Yin Yoga | Group Fitness Studio |
| 11.30am | Reformer Pilates | Reformer Studio |
| 12.30pm | Reformer Pilates | Reformer Studio |
| 1.00pm | VIRTUAL Dance | Group Fitness Studio |
| 4.00pm | Yoga | Group Fitness Studio |

Sunday

| **Session Time** | **Activity** | **Location** |
| --- | --- | --- |
| 9.00am | Circuit | Gym Studio |
| 9.30am | Pilates | Group Fitness Studio |
| 10.30am | Yoga | Group Fitness Studio |
| 10.30am | Reformer Pilates | Reformer Studio |
| 11.30am | VIRTUAL Core | Group Fitness Studio |
| 11.30am | Reformer Pilates | Reformer Studio |
| 1.00pm | VIRTUAL BodyAttack | Group Fitness Studio |
| 4.00pm | Yin Yoga | Group Fitness Studio |
| 8.55am | GRIT Strength | Group Fitness Studio |