



# GRIT

NOW ON THE  
MAIN TIMETABLE

BETTER NEVER STOPS

## GROUP FITNESS TIMETABLE: JULY - OCTOBER 2018

### Monash Aquatic & Recreation Centre

#### GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM	BodyAttack ❤️	BodyPump ↔	SmasHIIT-45 ❤️	GRIT Strength ↔	BodyCombat ❤️		
8:15 AM		Pilates Gold ☀️		Pilates 🏊		BodyPump-45 ↔	BodyAttack-45 ❤️
9:00 AM						BodyStep ❤️	
9:15 AM	BodyPump ↔	Zumba ❤️	BodyStep-45 ❤️	Pilates 🏊	BodyPump ↔		BodyPump ↔
9:30 AM					Walking Group ❤️		
10:00 AM			Core-30 ↔			Zumba ❤️	
10:30 AM	Landmarc ☀️	Yoga 🏊	BodyPump ↔	X-Training Gold ☀️	Landmarc ☀️		Yoga 🏊
11:00 AM						Zumba ❤️	
11:30 AM	Tai Chi ☀️	LandMarc ☀️		Stretch4Life ☀️	Tai Chi ☀️		
11:35 AM			BodyBalance 🏊				
11:45 AM						Pilates 🏊	
12:30 PM	Zumba Gold-45 ☀️	Pilates-45 🏊		Zumba Gold-45 ☀️			
2:00 PM	Strong4Life ☀️						
4:00 PM						BodyPump ↔	
4:45 PM			Activeabilities 🏃				
5:00 PM						BodyBalance 🏊	Yoga 🏊
5:30 PM	Zumba ❤️	BodyAttack ❤️	Zumba ❤️	BodyPump ↔	GRIT Strength ↔		
6:00 PM					BodyAttack ❤️		
6:30 PM	BodyPump ↔	BodyStep ❤️	BodyCombat ❤️	BodyStep ❤️			
7:30 PM	BodyCombat ❤️	BodyPump ↔	Pilates 🏊	Yoga 🏊			

#### FGT STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Cycle ❤️	SPRINT ❤️				
8:30 AM	ActiveLink ☀️		ActiveLink ☀️	Yoga Gold ☀️	ActiveLink ☀️		RPM ❤️
9:00 AM						RPM ❤️	
9:30 AM	ActiveLink ☀️	Strong4Life ☀️	ActiveLink ☀️	Strong4Life ☀️	Pilates Gold ☀️		
10:00 AM						SPRINT ❤️	
10:30 AM	Tai Chi ☀️	Cycle Express ❤️		Strong4Life ☀️	Cycle ❤️	Strong4Life ☀️	
11:30 AM	Strong4Life ☀️		Mums & Bubs Yoga 🏊		Stretch4Life ☀️	All Abilities X-Trainer ❤️	
4:45 PM				Teen-Fit 🏃			
6:15 PM	Cycle ❤️	Cycle ❤️	RPM ❤️				
7:00 PM	Core-30 ↔	Boxing ❤️					
7:30 PM	Yoga 🏊						

#### AQUA- 25M POOL & HYDROTHERAPY POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Aqua ☀️	AquaStick ☀️	Aqua ☀️	Aqua ☀️	Aqua ☀️		
9:00 AM	AquaHydro ☀️						
9:30 AM	Aqua ☀️	Aqua ☀️	AquaHydro ☀️	AquaHydro ☀️	Aqua ☀️	AquaHydro ☀️	
9:30 AM			Aqua ☀️	Aqua ☀️			
10:30 AM	AquaHydro ☀️	Aqua ☀️		Aqua ☀️		AquaHydro ☀️	
10:45 AM			Water Therapy ☀️	ActiveLink Hydro ☀️			
11:30 AM	AquaHydro ☀️	ActiveLink Hydro ☀️					
1:30 PM	ActiveLink Hydro ☀️						
6:15 PM		AquaLite ❤️					
7:15 PM		Aqua-Energy ❤️					

Class in warm water exercise pool  
30 minute class

# Oakleigh Recreation Centre

## GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM	Circuit	♥			Circuit	♥	
8:00 AM						Circuit-45	♥
8:30 AM							Circuit
9:30 AM	BodyPump	↔ Stretch4Life	☀ SmasHIIT	♥ SmasHIIT	♥ Boxing	♥ Zumba	♥ Boxing
10:30 AM	Yoga	↔ Strong4Life	☀ BodyBalance	↔ Pilates	↔ Strong4Life	☀ Pilates	↔ BodyPump
11:30 AM	Zumba Gold	☀ Tai Chi	☀		ActiveLink	☀	
12:30 PM	Pilates Gold	☀					
5:30 PM		SmasHIIT-45	♥ Zumba	♥			
6:00 PM	BodyCombat	♥					
6:15 PM		BodyPump-45	↔ BodyCombat-45	♥			
6:30 PM				BodyPump	↔		
7:00 PM	Zumba	♥ Circuit	♥ Yoga	↔			
7:30 PM		BodyBalance	↔	Circuit	♥		
8:00 PM	Pilates	↔					

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Cycle	♥	Cycle	♥		
8:45 AM						Cycle	♥
9:30 AM		Cycle	♥				
6:00 PM				Cycle	♥		
6:15 PM	Cycle	♥					30 minute class

# Clayton Aquatics & Health Club

## GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Zumba Step-45	♥ Tai Chi	☀ Zumba	♥	Tai Chi	☀ BodyBalance	↔ Yoga
9:30 AM	Yoga	↔ Tai Chi	☀ BodyBalance	↔ BodyPump	↔ Tai Chi	☀ BodyPump	↔ BodyCombat
10:30 AM		ActiveLink	☀	Cardio4Life	☀ Yoga	↔ Zumba	♥ Yoga
11:00 AM	Strong4Life	☀	Strong4Life	☀			
11:30 AM		Zumba Gold	☀	ActiveLink	☀ Zumba Gold	☀ Zumba	♥ Zumba
4:00 PM						BodyCombat	♥ BodyPump
5:30 PM	BodyAttack	♥ BodyCombat	♥ BodyStep	♥ Zumba	♥ Zumba Step	♥	
6:15 PM	BodyPump	↔ BodyStep	♥ BodyPump	↔ BodyBalance	↔ Zumba	♥	
7:00 PM	Zumba	♥ BodyPump	↔ Zumba	♥ BodyCombat	♥		
7:45 PM	Zumba	♥ Pilates	↔ Yoga	↔ BodyPump	↔		

## MEETING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 PM	Pilates	↔			Meditation	↔	
7:45 PM	Yoga	↔					

## AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Aqua	☀ Aqua	☀	Aqua	☀		
9:30 AM	Aqua	☀ Aqua	☀ Aqua	☀ Aqua	☀ Aqua	☀	
10:15 AM	ActiveLink Aqua	☀			ActiveLink Aqua	☀	
6:15 PM		Aqua Energy	♥				
7:00 PM				Aqua Energy	♥		



ACHIEVE YOUR GOALS  
**FASTER**  
INTRO TO PT PACK  
**\$70** 3x 30 MIN SESSIONS

**ZUMBA FITNESS**

Zumba Family Fitness Class!  
2pm at MARC:  
• Sat 7 July • Sat 4 Aug  
• Sat 1 Sept • Sat 6 Oct

FREE for Members' Kids & Swim School Students

**ACTIVE MONASH**

