

# Coburg Leisure Centre

From 1 April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>GROUP FITNESS ROOM</b>	6.15 am	<b>CIRCUIT</b>		<b>BODY PUMP</b>	<b>CIRCUIT</b>	<b>VIRTUAL BODYBALANCE</b>		
	6.30am		<b>PILATES</b>					
	7.30 am	<b>VIRTUAL BODYBALANCE</b>	<b>ACTIVE STRENGTH</b>	<b>VIRTUAL CORE</b>	<b>VIRTUAL BODYBALANCE</b>	<b>VIRTUAL BODYPUMP</b>		
	8.30 am	<b>ACTIVE MOVERS</b>	<b>ACTIVE MOVERS</b>	<b>ACTIVE MOVERS</b>	<b>ACTIVE MOVERS</b>	<b>ACTIVE MOVERS</b>	<b>CIRCUIT</b>	<b>PILATES</b>
	9.30 am	<b>BODY ATTACK</b>	<b>ABT</b>	<b>BODY BALANCE</b>	<b>BODY PUMP</b>	<b>YOGA</b>	<b>BODY PUMP</b>	<b>BODY PUMP</b>
								<b>ADRENALINE</b>
	10.30 am	<b>BODY PUMP</b>	<b>BODY STEP</b>	<b>BODY PUMP</b>	<b>ACTIVE LIVING</b>	<b>BODY STEP</b>	<b>CORE</b>	<b>BODY JAM</b>
	11.30 am	<b>TAI CHI</b>	<b>BODY BALANCE</b>	<b>ACTIVE LIVING</b>	<b>PILATES</b>	<b>BODY BALANCE</b>	<b>YOGA</b>	<b>BODY BALANCE</b>
	12.30 am	<b>ACTIVE LIVING</b>	<b>VIRTUAL BODYPUMP</b>	<b>MEDITATION</b>		<b>VIRTUAL BODYPUMP</b>		
	1.00 pm				<b>ACTIVE FOUNDATIONS</b>	<b>ACTIVE LIVING CHAIR PILATES</b>	<b>VIRTUAL BODYBALANCE</b>	<b>VIRTUAL BODYCOMBAT</b>
	3.00 pm	<b>VIRTUAL DANCE</b>	<b>VIRTUAL CORE</b>	<b>VIRTUAL DANCE</b>	<b>VIRTUAL BODYCOMBAT</b>			<b>VIRTUAL BODYPUMP</b>
	4.00 pm	<b>VIRTUAL BODYBALANCE</b>	<b>VIRTUAL BODY COMBAT</b>	<b>VIRTUAL BODY PUMP</b>	<b>VIRTUAL BODY PUMP</b>	<b>VIRTUAL BODYBALANCE</b>	<b>BOXING CIRCUIT</b>	<b>YOGA</b>
	5.00 pm					<b>BODYSTEP EXPRESS 30</b>		
	5.30 pm	<b>BODY PUMP</b>	<b>BODY PUMP</b>	<b>YOGA</b>	<b>CIRCUIT</b>	<b>BODY PUMP</b>		
	6.30 pm	<b>BODY COMBAT</b>	<b>ZUMBA</b>	<b>BODY ATTACK</b>	<b>BODY JAM</b>	<b>VIRTUAL CORE</b>		
	7.30 pm	<b>YOGA</b>	<b>BODY BALANCE</b>	<b>PILATES</b>	<b>BODY BALANCE</b>	<b>VIRTUAL BODYBALANCE</b>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HEALTH CLUB</b>	9.30 am					<b>ADRENALINE</b>	<b>ADRENALINE</b>
	6.30 pm		<b>ADRENALINE</b>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>INDOOR POOL</b>	8.30 am		<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	
	9.30 am	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>		
	3.00 pm					<b>AQUA</b>	
	7.15 pm		<b>AQUA</b>		<b>AQUA</b>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CYCLE STUDIO</b>	6.15 am	<b>CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>CYCLE</b>	
	8.30 am					<b>CYCLE</b>	
	12.00 pm	<b>VIRTUAL CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>VIRTUAL CYCLE</b>
	6.00 pm	<b>CYCLE</b>	<b>VIRTUAL CYCLE</b>	<b>CYCLE</b>			

Scan the QR code for full class description



## Coburg Leisure Centre

Bridges Reserve Russell Street (off Bell Street), Coburg VIC 3058

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