

COBURG LEISURE CENTRE

GROUP FITNESS TIMETABLE From Monday 29 September 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.15am	CYCLE	6.15am	VIRTUAL CYCLE	6.15am	CYCLE	6.15am	CIRCUIT	6.15am	CYCLE	8.30am	CIRCUIT	8.30am	PILATES
6.15am	CIRCUIT	6.30am	PILATES	6.15am	BODY PUMP	6.15am	VIRTUAL CYCLE	6.15am	VIRTUAL BODY BALANCE	8.30am	CYCLE	9.30am	BODY PUMP
7.30am	VIRTUAL BODY BALANCE	7.30am	VIRTUAL BODY COMBAT	7.30am	VIRTUAL CORE	7.30am	VIRTUAL BODY BALANCE	7.30am	VIRTUAL BODY PUMP	9.30am	*ADRENALINE	10.30am	BODY JAM
8.30am	ACTIVE MOVERS	8.30am	ACTIVE MOVERS	8.30am	ACTIVE MOVERS	8.30am	ACTIVE MOVERS	8.30am	ACTIVE MOVERS	9.30am	BODY PUMP	11.30am	BODY BALANCE
8.30am	AQUA	8.30am	AQUA	8.30am	AQUA	8.30am	AQUA	8.30am	AQUA	10.30am	CORE	12.00pm	VIRTUAL CYCLE
9.30am	AQUA	9.30am	AQUA	9.30am	AQUA	9.30am	AQUA	9.30am	AQUA	11.30am	YOGA	1.00pm	VIRTUAL BODY COMBAT
9.30am	BODY ATTACK	9.30am	ABT	9.30am	BODY BALANCE	9.30am	BODY PUMP	9.30am	YOGA	12.00pm	VIRTUAL CYCLE	1.00pm	VIRTUAL BODY PUMP
10.30am	BODY PUMP	10.30am	BODY STEP	10.30am	BODYPUMP	10.30am	ACTIVE LIVING	10.30am	BODY STEP	1.00pm	VIRTUAL BODY BALANCE	4.00PM	YOGA
11.30am	TAI CHI	11.30am	BODY BALANCE	11.30am	ACTIVE LIVING	11.30am	PILATES	11.30am	BODY BALANCE	3.00pm	AQUA		
12.00pm	VIRTUAL CYCLE	12.00pm	VIRTUAL CYCLE	12.00pm	VIRTUAL CYCLE	12.00pm	VIRTUAL CYCLE	12.00pm	VIRTUAL CYCLE	4.00pm	BOXING CIRCUIT		
12.30pm	ACTIVE LIVING	12.30pm	VIRTUAL BODY PUMP	12.30pm	MEDITATION	1.00pm	ACTIVE FOUNDATIONS	12.30pm	VIRTUAL BODY PUMP				
3.00pm	VIRTUAL DANCE	3.00pm	VIRTUAL CORE	3.00pm	VIRTUAL DANCE	3.00pm	VIRTUAL BODYCOMBAT	12.30pm	VIRTUAL BODY PUMP				
4.00pm	VIRTUAL BODY BALANCE	4.00pm	VIRTUAL BODYCOMBAT	4.00pm	VIRTUAL BODY PUMP	4.00pm	VIRTUAL BODYCOMBAT	4.00pm	VIRTUAL BODY BALANCE				
5.30pm	BODY PUMP	5.30pm	BODY PUMP	5.30pm	BODY BALANCE	5.30pm	CIRCUIT	5.00pm	BODY STEP EXPRESS 30				
6.00pm	CYCLE	6.00pm	VIRTUAL CYCLE	6.00pm	CYCLE	6.30pm	BODY JAM	5.30pm	BODY PUMP				
6.30pm	BODY COMBAT	6.30pm	ZUMBA	6.30pm	BODY ATTACK	7.15pm	AQUA	6.30pm	VIRTUAL CORE				
7.30pm	YOGA	7.30pm	*ADRENALINE	7.30pm	PILATES	7.30pm	BODY BALANCE	7.30pm	VIRTUAL BODY BALANCE				
		7.15pm	AQUA										
		7.30pm	BODY BALANCE										

Please note the timetable is subject to change.

*This class incurs an extra fee