

Group Fitness Timetable from 8 September 2025

Fawkner Leisure Centre

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.15am	BODY PUMP	6.15am	HITT	6.15am	CIRCUIT	6.15am	CIRCUIT	6.15am	HITT	8.30am	CIRCUIT	8.30am	WATER WORKOUT
7:15am	VIRTUAL – BODY BALANCE	7:15am	VIRTUAL – BODY BALANCE	7:15am	VIRTUAL – BODY BALANCE	7:15am	VIRTUAL – BODY BALANCE	7.30am	PILATES	9.30am	ZUMBA	8.30 am	CIRCUIT
8.30am	WATER WORKOUT	7.30am	AQUA BOOTCAMP	8.30am	WATER WORKOUT	7.30am	AQUA BOOTCAMP	8:30am	WATER WORKOUT	10.30am	BODY PUMP	9.30am	WATER WORKOUT
9.00am	LADIES ONLY CIRCUIT	8.30am	WATER WORKOUT	9.30am	LADIES ONLY STRETCH AND ABS	8.30am	WATER WORKOUT	9.30am	AQUA SENIORS	12:00 pm	LADIES ONLY STRETCH AND ABS	10.30am	YOGA
9.30am	AQUA SENIORS	9.30am	AQUA SENIORS	9.30am	AQUA SENIORS	9.30am	AQUA SENIORS	9.30am	YOGA	12:30pm	VIRTUAL - CORE	12:30pm	VIRTUAL - CORE
10.00 am	FREE PILATES	9.30am	STRETCH/CORE	10.30am	ACTIVE MOVERS	9.30am	LADIES ONLY PILATES	10.30am	LADIES ONLY BOXING	3:00pm	VIRTUAL – BODY ATTACK	3:00pm	VIRTUAL – BODY COMBAT
11.00am	ACTIVE MOVERS	10.30am	ZUMBA GOLD	12:00pm	VIRTUAL – BODY COMBAT	10.30am	ACTIVE LIVING	11.00am	ACTIVE STRENGTH	4:00pm	VIRTUAL – BODY BALANCE	4:00pm	VIRTUAL – BODY BALANCE
12:00pm	VIRTUAL – BODY ATTACK	12:00pm	VIRTUAL – BODY PUMP	5.30pm	CIRCUIT	12:00pm	VIRTUAL – BODY PUMP	12:00pm	VIRTUAL – BODY ATTACK				
5.30pm	CIRCUIT	5.30pm	BOXING	6.30pm	PUMP CLASS	6.00pm	HITT						
6.00pm	BODY PUMP	6.00 pm	HITT	7.00pm	WATER WORKOUT	7.00pm	WATER WORKOUT						
7.00pm	WATER WORKOUT	6.30pm	BODY JAM	7.30pm	YOGA	7.00pm	LADIES ONLY ZUMBA						