

12 January 2026

Fawkner Leisure Centre

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP FITNESS ROOM	6.15 am	BODY PUMP	HITT	CIRCUIT	CIRCUIT	HITT		
	7.30 am					PILATES		
	8.30 am						CIRCUIT	CIRCUIT
	9.30 am	LADIES ONLY CIRCUIT	STRETCH/ CORE	LADIES ONLY – BALANCE AND ABS	LADIES ONLY - PILATES	YOGA (VINYASA)	ZUMBA	
	10.00 am	PILATES - FREE						
	10.30 am		ZUMBA GOLD	ACTIVE MOVERS	ACTIVE LIVING	LADIES ONLY - BOXING	BODY PUMP	YOGA
	11.00 am	ACTIVE MOVERS				ACTIVE STRENGTH		
	12.00 pm						LADIES ONLY STRETCH AND ABS	
	4.00 pm							
	5.30 pm		BOXING	CIRCUIT				
	6.00 pm	BODY PUMP			HITT			
	6.30 pm			BODY PUMP				
	7.00 pm			YOGA	LADIES ONLY ZUMBA			

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PROGRAMS ROOM	6.15 am							
	10.30 am							
	5.30 pm	CIRCUIT						
	6.00 pm		HIIT					

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL	7.30 am		DEEP WATER RUNNING		DEEP WATER RUNNING			
	8.30 am	WATER WORKOUT	WATER WORKOUT	WATER WORKOUT	WATER WORKOUT	WATER WORKOUT		WATER WORKOUT
	9.30 am	AQUA SENIORS	AQUA SENIORS	AQUA SENIORS	AQUA SENIORS	AQUA SENIORS		WATER WORKOUT
	7.00 pm	WATER WORKOUT		WATER WORKOUT				

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL CLASSES	7.15 am	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE			
	8.30 am	VIRTUAL PILATES						
	9.30 am				VIRTUAL BODY PUMP	VIRTUAL BODY ATTACK		
	10.30 am							VIRTUAL BODY PUMP
	12.30 pm						VIRTUAL CORE	VIRTUAL CORE
	3.00 pm						VIRTUAL BODY ATTACK	VIRTUAL BODY COMBAT
	4.00 pm						VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE

Scan the QR code for full class description



Fawkner Leisure Centre

79/83 Jukes Rd, Fawkner VIC 3060 T: 9358 6600