Group Fitness Classes

TIMETABLE

* Bookings are essential and necessary to maintain classes and safety numbers
* At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
* Virtual Classes are dependent on internet connection and stability

FAWKNER LEISURE CENTRE

GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BODY PUMP 55min (Virtual)	HIIT 45min	BODY ATTACK 55min (Virtual)	CIRCUIT 45min	HIIT 45min		
7:15am	BODY BALANCE 55min (Virtual)	YOGA FLOW 55min	BODY BALANCE 55min (Virtual)	CORE & MORE 45min			
7:30am					TAI CHI 55min		
8:00am						CIRCUIT 45min	
8:30am	PILATES 55min (Virtual)		SWISS BALL 45min		YOGA – FLOW 55min		
8:45am						BOXING 45min	
9:00am							BODY BALANCE 55min (Virtual)
9:30am		STRETCH & FLEX 45min	BODY PUMP 45min / CIRCUIT 45min	PILATES 55min (Women's Only)	YOGA 55min	ZUMBA 55min	
10:00am	FREE PILATES 45min (Limited spots)						YOGA FLOW 55min
10:30am		ZUMBA GOLD 45min	B ACTIVE LONGER 45min (Aerobic)	B ACTIVE MOVE 55min	BOXING 45min (Women's Only)		
11:00am	B ACTIVE MOVE 45min						
12:00pm	WOMEN'S WORKOUT HOUR 60min	WOMEN'S WORKOUT HOUR 60min	WOMEN'S WORKOUT HOUR 60min	WOMEN'S WORKOUT HOUR 60min	WOMEN'S WORKOUT HOUR 60min	MEDITATION 55min	
3:00pm						CORE 45min (Virtual)	TAI CHI 55min
5:30pm		BOXING 45min	CIRCUIT 45min				
6:00pm	BODY PUMP 50min (Les Mills)			CIRCUIT 45min			
6:15pm							
6:30pm			BODY PUMP 55min (Les Mills)				
7:00pm	YOGA - FLOW 55min			ZUMBA 50min (Women's Only)			
7:30pm			YOGA - FLOW 55min				
8:00pm	YOGA - YIN 45min						

Aquatics Classes

TIMETABLE

FAWKNER LEISURE CENTRE

25M POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am		AQUA SHALLOW 45min		AQUA SHALLOW 45min			
8:30am	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		AQUA SHALLOW 45min
9:30am	AQUA SHALLOW 45min	AQUA MOVERS 45min	AQUA MOVERS 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		AQUA SHALLOW 45min
1:30pm							
7:00pm	AQUA SHALLOW 45min		AQUA – WALKING EXERCISE GROUP 45min	AQUA – WALKING EXERCISE GROUP 45min			

•At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions. Class times subject to change.

ACTIVE Merri-bek

Program Room & Gym Classes

TIMETABLE

FAWKNER LEISURE CENTRE

PROGRAM ROOM & GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am							
9:30am			CIRCUIT 45min		BODY PUMP 45min (Virtual)		
11:00am					B ACTIVE MOVE 45min (Strength)		
12:00pm							
5:30pm							
6:00pm							

•At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions. Class times subject to change.

ACTIVE Merri-bek

Group Fitness Classes

TIMETABLE

FAWKNER LEISURE CENTRE

AQUA
Low impact class in water to improve mobility and general fitness. All aqua classes delivered in shallow water fall under Aqua Shallow with the option to go into the deep end.

AQUA Walking Exercise
Low-impact water-based fitness class that uses the natural resistance and buoyancy of the pool to provide a safe and effective full-body workout. Simple aerobic movements in the water to improve cardiovascular fitness, muscular endurance, balance, and mobility.

CORE & MORE
Ab's, Glute and Thighs classes focuses on strengthening, toning, and sculpting the core and lower body using bodyweight exercises, resistance bands, or light weights.

CIRCUIT
Circuit Classes – A series of exercise stations which you preform over time and intervals

HIIT
High Intensity Interval Training allows you to pair hard-hitting exercise periods with short rest breaks for a wide range of health benefits.

STRETCH & FLEX
Stretch & Flex is a gentle, low-impact class designed to improve flexibility, mobility, balance, and overall movement quality. Through a series of guided stretches and controlled exercises, participants can reduce muscle tension, enhance joint mobility, and support better posture and everyday function.

ZUMBA
ZUMBA is a fitness program that combines Latin and international music with dance moves. involves dance and aerobic movements performed to energetic and motivating music.

ZUMBA GOLD
Zumba Gold is a lower-intensity version of Zumba, designed specifically for active older adults, beginners, or anyone who prefers a gentler, more accessible dance-fitness class.

BODY PUMP – LES MILLS
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques.

BOXING
Boxing is a high energy class that uses boxing techniques to give you a full body workout. Improve your cardiovascular fitness and tone your whole body. Never done any boxing before? No problem, this class is designed for all levels of fitness

B ACTIVE MOVE – Low-impact fitness class that improves mobility, balance, strength and flexibility through gentle, functional exercises. Suitable for all fitness levels, it helps participants, build confidence, in a fun supportive group environment.

PILATES
Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. NOTE: Please bring your own mat

SWISS BALL
A Swiss Ball class is a fun, dynamic, full-body workout that uses the stability ball to challenge your balance, strengthen your core, and improve overall functional fitness. Every movement engages multiple muscle groups, helping you build strength, coordination, and control.

WOMEN'S WORKOUT HOUR
A non-instructor led session, in a private space in the Group Fitness Room. Set up exclusively for women to build strength, improve cardio fitness, and exercise with confidence. Equipped with a range of fitness equipment and supported by a scheduled virtual class.

YOGA
Yoga is the overall discipline that includes physical postures, breathwork, meditation, and philosophical principles. It's not a single style — it's the category that contains Flow, Yin, Hatha, Power, and many others – great for beginners

YOGA - FLOW
Yoga Flow (Vinyasa) is a movement-based style where poses transition smoothly in a continuous sequence.

YOGA - YIN
Yin Yoga is a passive; meditative practice focused on long-held floor poses that target deep connective tissues.

TAI CHI
Tai Chi is a Chinese internal martial art that blends slow, flowing movements, deep breathing, and meditative focus to train both the mind and body. Every movement is performed with relaxed intention, continuous flow, and mindful awareness.

VIRTUAL CLASSES
A flexible and convenient way to work out without a live instructor. Follow along with professionally delivered virtual sessions featuring a variety of Les Mills programs, giving you access to strength, cardio, conditioning, and wellness workouts. With a wide range of class styles and formats available, you can choose the workout that best suits your fitness goals, schedule, and experience level.

* At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions. Classes are reviewed regularly, and depending on participation levels, a class may be adjusted or changed to better suit a wider audience or to align with instructor availability.