

GROUP EXERCISE CLASSES

TIMETABLE

Last updated: September 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10am		Pilates 60min (The Pavillion)		Yoga 60min (The Pavillion)		
9:00am		Pilates 60min (The Pavillion)			Yoga 60min (The Pavillion)	
9:30am			Power Pilates 60min (The Pavillion)			Core Works 45min (BSC)
10:30am	Warm Water Exercise 60min (BSC)		Warm Water Exercise 60min (BSC)		Warm Water Exercise 60min (BSC)	
11:00am		Active Adults Strength & Move 60min (BSC)				
5:00pm				Pilates 60min (The Pavillion)		
5:15pm						
5:30pm	Yoga 60min (The Pavillion)				**Cycle** 60min	

Class times are subject to change. To ensure the most up to date information, give the centre a call at (03) 5755 1049 during staffed hours.