

GROUP EXERCISE CLASSES

TIMETABLE

FROM
JULY 6 2026

GROUP FITNESS STUDIO

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM		FUNCTIONAL	RPM	FUNCTIONAL	CYCLE	FUNCTIONAL		
6.30AM						YOGA VINYSA		
7.30AM							RPM	
7.45AM		SENIORS CYCLE						
8.30AM			MAT PILATES	MAT PILATES	VITAL MOVES	MAT PILATES	FUNCTIONAL	
8.45 AM							YOGA VINYASA	
9.30AM		LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE		FUNCTIONAL	BODY PUMP
10.30AM		BODY BALANCE		BODY BALANCE	FEELING FIT	VIRTUAL BODY BALANCE	BODY STEP	BODY BALANCE
11.30AM		DANCE	PRIME MOVERS	ZUMBA GOLD	MINDFUL MOVEMENT	GYM SENIOR STRENGTH	BODY BALANCE	
12.00PM				GYM SENIOR STRENGTH				
12.30PM			YOGA VINYASA SLOW					
5.30PM					BOXING			
6.00PM		FUNCTIONAL		FUNCTIONAL	BODY PUMP	FUNCTIONAL		
6.30PM		MAT PILATES	BODY STEP	VIRTUAL CORE	FUNCTIONAL			
7.30PM		VIRTUAL BODY BALANCE	BODY BALANCE		SLOW FLOW YOGA			
7.45PM				MAT PILATES				



Available to Active Adults Members



Blue classes are held on the gym floor



Classes flagged for low participation

*Classes may be subject to change

KNOX Leisureworks
Aquatic and Recreation Centre

AQUATIC EXERCISE CLASSES

TIMETABLE

FROM
JULY 6 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA	7.00AM	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE	AQUACISE	
	8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE	
	9.00AM	AQUACISE		AQUACISE	DEEP WATER RUNNING	AQUACISE		
	10.00AM	AQUACISE		AQUACISE		AQUACISE		
	11.15AM	AQUA FLOW				GENTLE AQUA		
	6.30PM	DEEP WATER RUNNING		AQUACISE	GENTLE AQUA			
	7.30PM	AQUA ZUMBA						

 Classes held in Warm Water Pool

 Available to EP Members Only

 Classes flagged for low participation.

*Classes may be subject to change

Please note- for Deep Water Running you must be able to swim

REFORMER PILATES CLASSES

TIMETABLE

FROM
JULY 6 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER STUDIO	6.00AM	MOMENTUM	ALIGN	MOMENTUM	MOMENTUM	MOMENTUM		
	7.00AM	MOMENTUM	ALIGN	MOMENTUM	MOMENTUM	MOMENTUM		
	7.30AM						MOMENTUM	
	8.00AM							
	8.30AM		CIRCUIT				MOMENTUM	CLASSIC
	9.30AM	CLASSIC	ALIGN	CLASSIC	ALIGN	CLASSIC	MOMENTUM	CLASSIC
	10.30AM	CLASSIC	ALIGN	CLASSIC	ALIGN	CIRCUIT		CLASSIC
	4.30PM	MOMENTUM			CLASSIC	MOMENTUM		
	5.30PM	MOMENTUM	CLASSIC	MOMENTUM	CLASSIC	MOMENTUM		
	6.30PM	CLASSIC	CLASSIC	MOMENTUM	CLASSIC	MOMENTUM		
	7.30PM	CLASSIC		MOMENTUM				

*Classes may be subject to change

EXERCISE PHYSIOLOGY MEMBERSHIP

TIMETABLE

FROM
JULY 6 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE PHYSIOLOGY	8AM					CLINICAL REFORMER
	9AM	GYM				
	9.30AM			GYM		GYM
	10.30AM		LADIES OF THE OUTER EAST	DVA		
	11AM					
	12PM	GYM				
	2PM	DVA		HYDROTHERAPY		
	4:30PM			CLINICAL REFORMER		

 Available to EP Members Only