Term 4 Fitness Timetable

12 October- 18 December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
6:00am - 6:30am Boxing Circuit - 30mins with Tristan	**6:00am - 6:30am** Get it Done - 30mins with Kym	**6:00am - 6:30am** Get it Done - 30mins with Kym	**6:00am - 6:30am** Get it Done - 30mins with Kym	**6:00am - 6:45am** Slow Stretch - 45mins with Kym
9:00am - 10:00am Body Pump - 1 hour with Kym	**9:00am - 9:45am** Tai Chi 10 Form - 45mins with Tristan	**9:00am - 10:00am** Kick, Punch, Sweat-1 hour with Tristan		**9:00am - 10:00am** Body Pump - 1 hour with Kym
10:15am - 11:00am Aqua Class - 45mins with Kym	**10:15am - 11:15am** Kickstart - 1 hour with Chris	**10:15am - 11:00am** Tai Chi 10 Form - 45mins with Tristan		**10:15am - 11:00am** Seated Strength- 45mins with Kym
	11:30am - 12:15pm Aqua Class - 45mins with Chris		**11:30am - 12:30pm** Kickstart - 1 hour with Chris	**11:15am - 12pm** Aqua Class - 45mins with Kym
3:30pm - 4:30pm Teen Box Circuit- 1 hour with Tristan		**3:30pm - 4:30pm** Teen Gym - 1 hour with Jenine/Louise	**3:30pm - 4:30pm** Teen Box Circuit- 1 hour with Tristan	
5:15pm - 6:00pm Step Boxing- 45mins with Tristan	**5:15pm - 5:45pm** HIIT Class - 30mins with Jenine	**5:15pm - 5:45pm** Seated Strength - 30mins with Louise		
6:00pm - 7:00pm Boxing Fitness- 1 hour with Tristan	**5:45pm - 6:30pm** Aqua Class - 45mins with Jenine	**6:00pm - 7:00pm** Body Pump - 1 hour with Louise	**5:45pm - 6:30pm** Aqua Class - 45mins with Jenine	

Class fees

- $18.00 per class (ages 18+, casual attendance)
- $11.50 per class (youth/concession)

Multi-class passes and memberships available

Creche

- $4 per child, per hour or 10 visit creche pass $36
- Mon, Wed & Fri mornings, 9am - 12pm
- Mon, Tues, & Wed evenings, 5pm - 7pm

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All Abilities Classes

Class name	What is it?	Why try this class?
Boxing Circuit	Boxing Circuit combines low-to-high impact strength and cardio exercises inspired by boxing training, held over a 12-round circuit of 2-minute intervals. Designed for all abilities,, exercises can be modified to suit different fitness levels and experience, making it a great option whether you're new to exercise or already active.	Start your week strong with a workout that gets you moving, builds strength and challenges your cardiovascular fitness - no matter your current level of fitness! With short, manageable rounds, modified to meet you where you're at, and a variety of exercises, Boxing Circuit keeps things interesting while helping you get moving!
Tai Chi 10 Form	Tai Chi 10 Form is a gentle, flowing form of exercise that combines slow, controlled movements with balance, breathing and relaxation. It is suitable for beginners and people of all fitness levels, particularly those looking for a low-impact way to improve mobility, balance, coordination and overall wellbeing.	Tai Chi 10 Form is a great way to move, stretch and strengthen without putting excessive stress on the body. The gentle pace makes it easy to follow and adapt to individual abilities, while the focus on controlled movement and breathing can help you feel more relaxed, steady and connected. No previous experience required.
Kickstart	This inclusive resistance training program provides individual exercise programs in a group setting, starting at any level of experience. If its your first time, be sure to book a 1 on 1 assessment first and receive your own personalised program.	Kickstart provides a supportive entry point into strength training. Suited to all fitness levels, this class is all about building strength, boosting fitness, and having fun while you do it.
Seated Strength	Seated Strength is a gentle, low-impact class completed while seated on a chair or stability ball. Using a combination of resistance bands and light weights, the class focuses on improving strength, mobility, flexibility, and overall fitness in a safe and supportive environment.	This class is perfect for al fitness abilities, especialy anyone wanting to build strength and light cardio fitness without the high impact on joints. It is a great option for improving confidence, staying active and progressing at your own pace, no matter where you're at on your fitness journey.
Aqua Class	This water-based class is completed in a combination of waist-deep or deeper water, without swimming. It provides a low impact, full-body workout using a variety of equipment including pool dumbbells and noodles.	This water-based class is designed to get you moving more and feeling better! Suitable for people of all abilities, ages and fitness levels, or anyone looking to improve their overall fitness & wellbeing.
Boxing Fitness	Boxing Fitness combines pad work, correct boxing technique, sport-specific drills and fitness exercises for a fun and active workout. Suitable for all levels and abilities, exercises can be modified to match your experience, fitness and individual needs. No previous boxing experience is required.	Learn the fundamentals of boxing while improving your fitness, coordination, strength and agility. Pad work adds variety and keeps you engaged, while the combination of boxing skills and exercise provides a great full-body workout in a supportive environment.
Slow Stretch	A gentle 'stretch it out' style class with a range of movements assisting muscle recovery and increasing flexibility.	This class is the ideal complement to any of our strength sessions on the timetable. Unwind and stretch it out. Suitable for all fitness abilities.

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Moderate / High Intensity Classes

Class name	What is it?	Why try this class?
Get it Done	30 minutes of functional training using a variety of equipment. This high intensity class will get your heart rate up and offer a challenge.	It's fun, fast, sweaty and over in 30 minutes! A heart pumping way to start your day. Suitable for those who have done some fitness training prior.
Body Pump	This Les Mills program uses light to moderate weights and high repetitions to provide a total body workout. This class focuses on shaping, toning, and building strength.	Classes are designed to shape and tone your entire body, increase core strength, and improve bone health, all while burning calories. Suitable for those who have done some fitness training prior.
Step Boxing	Step Boxing combines step-based movements with boxing-inspired exercises to create a fun, dynamic full-body workout. The class incorporates step work, punches and cardio exercises, with movements and intensity modified to suit different fitness levels and abilities.	Get your heart rate up while building cardiovascular fitness, strength, coordination and endurance. The combination of step and boxing creates a challenging, high-energy workout that offers a great alternative to traditional strength-based classes.
Teen Gym	A class just for teens aged 12 to 15. This class builds strength, stamina, and fitness with expert guidance.	Perfect for teens who want to get stronger, fitter, and have fun with friends. This social and inclusive class builds strength and fitness while providing guidance and education on how to exercise safely and confidently.
Kick, Punch, Sweat	Kick, Punch, Sweat is a boxing pad work class combining kicks, punches and fitness-based drills to reinforce correct technique while building strength and cardiovascular fitness. Suitable for all abilities, exercises can be modified to suit different fitness levels and experience.	Get your heart rate up while developing boxing skills, coordination, strength and endurance. Pad work keeps the session fun, varied and engaging, making it a great way to challenge yourself and get a full-body workout.
Teen Box Circuit	Teen Boxing Circuit is a social and inclusive fitness class designed specifically for teens aged 12–15. Using boxing-inspired exercises, basic pad work and movement drills, participants develop strength, stamina, coordination and fitness while learning safe and effective movement techniques. Exercises are age-appropriate and guided by an instructor, with activities adapted to suit different abilities and experience levels.	Build strength, fitness and confidence in a fun environment with friends. Teen Boxing Circuit provides an opportunity to learn new skills, improve coordination and develop positive exercise habits while learning how to move safely and effectively through boxing and fitness-based activities.
HIIT	High Intensity Interval Training (HIIT) stays on the calendar for Term 4! This popular class moves though upper, lower, core and cardio movements at a fast pace, done in 45 minutes.	HIIT is for the seasoned fitness lover who wants more of a challenge and is short on time. It's fun, fast, sweaty and sure to get your heart rate up.