Summer 2026

Group Exercise Timetable

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP™	BODY BALANCE™	BODYATTACK™	BODY BALANCE™	BODYPUMP™		
7:00am	Yoga		BODY BALANCE™				
8:00am						Yoga	
8:30am	Chair Fitness Class			Pilates			
9:00am				Power Bar (9:15am)	Chair Fitness Class		
9:30am	BODY BALANCE™	Power Bar	Senior Circuits Yoga			Zumba (9:45am)	Dance
10:30am	Senior Circuits	Yoga	Senior Circuits	BODY BALANCE™	Senior Circuits	Yoga	Pilates
11:30am		Senior Strength		Senior Strength	Yoga	Pilates	
12:30pm						BODYPUMP™	
4:00pm						BODY BALANCE™	
5:00pm			Yoga	Yoga (5:15pm)			
6:00pm	BODYPUMP™ (5:50pm)	Power Bar (6:15pm)	Cardio Boxing	Zumba			Zumba (5:45pm)
7:00pm	BODY BALANCE™	Pilates	Pilates	BODYPUMP™			
8:00pm			Pilates				

Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am		Aqua	Aqua		Aqua		
12:15pm	Aqua		Aqua	Aqua			
1:15pm		Aqua					

STROMLO
LEISURE CENTRE

Summer 2026

Group Exercise Timetable

Connect 30 / Air Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	**Aerobic** (C30) **Aerobic** (Air Gym)	**Strength** (C30)	**Functional** (C30) **Stamina** (Air Gym)	**Aerobic** (C30) **Strength** (Air Gym)	**Strength** (C30)		
8:00am						**Functional** (C30)	**Functional** (C30)
9:00am						**Elevate** (Air Gym)	
11:30am	**Rowing**		**Rowing**		**Strength** (C30)		
12:30pm	**Aerobic** (C30)						
4:00pm							**Functional** (Air Gym/C30)
4:30pm		**Teen**		**Teen**			
6:00pm	**Aerobic** (C30)	**Strength** (C30) **Strength** (Air Gym)	**Functional** (C30)	**Aerobic** (Air Gym)			

HYROX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		**HYROX**			**HYROX**		
9:30am							**HYROX**
7:00pm	**HYROX**			**HYROX**			

STROMLO
LEISURE CENTRE

Class Descriptions

Aqua
The resistance in the water provides a great workout improving your cardio, strength and mobility while your joints are safely supported to minimise impact.

Air Gym Sessions
At the heart of our dynamic space lies a state-of-the-art functional rig, adorned with an array of exercise stations offering a diverse range of workouts.

Cardio Boxing
Incorporates elements of boxing training into a high-intensity workout. It is a non-contact form of exercise that combines boxing-inspired movements with aerobic and strength training exercises. The routines are typically set to energetic music and include intervals of cardio exercises, bodyweight exercises, and core strengthening movements.

Chair Fitness Class
A 45-minute fitness class with a combination of gentle cardio, strength training, flexibility exercises and relaxation techniques. It is a fun and accessible way to improve your overall health and well-being from the comfort of your chair.

C30 (Aerobic, Functional & Strength)
Sports inspired workouts that build strength, stamina and utilises functional body movements to help achieve your fitness goals quickly. This high intensity interval training class combines athletic, strength and endurance exercises in a fun group environment.

Dance
People are dancing their way to fitness with our DANCE class. With easy to follow moves for a full-body workout that will burn calories, blast fat and have you reaching your fitness goals in no time. DANCE is the ideal class to work out without even realising it, have fun and get fit at the same time.

HYROX Class
Train with purpose through one of the world's fastest-growing fitness training concepts. HYROX Training Club Class combines strength, endurance and functional fitness in structured, coach-led sessions designed to help you build fitness and work towards your goals.

Les Mills BodyAttack
BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Les Mills BodyBalance
The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving your feelings centred and calm. Controlled breathing, concentration and a structured series of moves helps you achieve balance and strengthen your entire body.

Les Mills BodyPump
The original barbell workout to get you lean, toned and fit by using the most effective weight-based exercises with lots of repetition as you pump out your workout to motivational music.

Pilates
Pilates will help improve balance, posture, core strength and flexibility which are essential for injury prevention. It caters to all fitness levels and will leave you feeling strong and invigorated.

Power Bar
A high-repetition barbell workout to get you lean, toned and fit by using compound weight-based exercises. This freestyle workout combines aerobic and strength-based conditioning to really get your body burning.

Rowing
Boost your fitness with our high-energy Rowing Class, designed to combine interval training with endurance work for a full-body conditioning workout. Alternate between powerful bursts of intensity and steady-paced rowing to improve cardiovascular fitness, build muscular endurance, and increase rowing efficiency.

Senior Circuit
Group exercise training that involves a series of exercises performed in a circuit format. Participants move through a sequence of stations or exercise stations, performing a different exercise at each station for a set amount of time or number of repetitions before moving on to the next station.

Senior Strength
A seniors class designed to strengthen the body with functional movements with light hand weights and bands. This class will include some Pilates moves and these exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.

Teen Gym
Designed for teens aged 12-15 years as an introduction to the gym and effective workouts under the guidance of a qualified trainer. It is a great session to learn the key fundamental movements for the growing body.

Yoga
A flowing and meditative class for healing and restoring balance within the mind, body and spirit. Poses are practiced to align, strengthen and promote flexibility in the body and also integrates breathing techniques.

Zumba
Party yourself into shape with this exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness party that moves everyone towards joy and health.