



# **GROUP FITNESS TIMETABLE**

**SUMMER/AUTUMN 2025**

Effective from Monday 3 February

Classes and instructors are subject to change.  
Always check Active World app for most up to date class schedule.

**SOMERVILLE**  
RECREATION CENTRE

  
**MORNINGTON  
PENINSULA**  
Shire

## GROUP FITNESS

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM		HIIT Strength		Mat Pilates	Core & More		
9:00AM					Zumba		
9:15AM	Burn It Mat Pilates	Core & More	Body Pump	HIIT Strength			
10:15AM	Momentum	Prime Movers	Zumba	Momentum	Body Pump		
11:15AM	Yoga	Agestrong Entry	Prime Bar	Agestrong Entry	Body Balance		
12:15PM			Yoga (Chair)		Prime Movers		
5:00PM	Zumba		Zumba				
5:30PM		Body Balance					
6:00PM	Core & More		Core & More				

  All Access Class

  Classes held in Childcare Room

## REFORMER PILATES

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM					Reformer Classic	Reformer Hybrid	
9:15AM	Reformer Classic	Reformer Hybrid	Reformer Classic Skills	Reformer Classic	Reformer Hybrid		
10:15AM	Reformer Skills	Reformer Momentum	Reformer Momentum				
4:30PM		Reformer Hybrid					
5:30PM	Reformer Classic	Reformer Classic		Reformer Hybrid			
6:30PM			Reformer Classic				



**DOWNLOAD THE  
ACTIVE WORLD APP  
TO BOOK YOUR  
GROUP FITNESS  
CLASSES**