GROUP FITNESS TIMETABLE

PERTH HPC GYM

Group X

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am - 6:45am **BODYPUMP®** (V)	5:45am - 6:30am **Strength Development**	5:45am - 6:15am **Max NRG Express**	5:45am - 6:45am **BODYPUMP®**	5:45am - 6:30am **Max NRG**	6:30am - 7:15am **BODYATTACK®** (T V)	8:30am - 9:25am **BODYPUMP®**
7:00am - 7:30am **CORE®** (T V)	7:00am - 7:30am **GRIT STRENGTH®** (V)	6:15am - 6:45am **CORE®** (T)	7:00am - 7:30am **GRIT ATHLETIC®**	6:45am - 7:15am **CORE®** (T V)	7:30am - 8:15am **Strength Development**	9:30am - 10:15am **SHAPES™** (T)
7:45am - 8:30am **PWR Pilates**	8:45am - 9:15am **CORE®** (T)	7:45am - 8:30am **PWR Pilates**	8:45am - 9:15am **CORE®** (T)	8:35am - 9:20am **Strength Development**	8:30am - 9:00am **CORE®** (T)	10:15am - 11:15am **Pilates Matwork**
8:35am - 9:20am **Pilates Matwork** (T)	9:30am - 10:15am **ZUMBA®** (T)	8:35am - 9:20am **BODYPUMP®**	9:30am - 10:15am **SHAPES™** (T)	9:30am - 10:30am **BODYBALANCE®** (T)	9:00am - 10:00am **BODYPUMP®**	11:30am - 12:15pm **DANCE®** (T V)
9:30am - 10:25am **BODYPUMP®**	10:30am - 11:25am **BODYPUMP®**	9:30am - 10:15am **Strength Development**	10:30am - 11:30am **BODYPUMP®**	10:30am - 11:25am **ZUMBA GOLD®** (T)	10:00am - 10:45am **SHAPES™** (T)	12:30pm - 1:00pm **BODYATTACK® EXPRESS** (T V)
10:30am - 11:30am **ZUMBA GOLD®** (T)	12:30pm - 1:15pm **PWR Pilates**	10:30am - 11:30am **Yogalaties** (T)	12:30pm - 1:00pm **CORE®** (T V)	12:30pm - 1:00pm **GRIT STRENGTH®** (T V)	10:45am - 11:45am **Pilates Matwork** (T)	1:15pm - 1:45pm **GRIT STRENGTH®** (T V)
12:30pm - 1:30pm **Pilates Matwork** (T)	3:15pm - 3:45pm **BODYATTACK®** (T V)	12:30pm - 1:00pm **GRIT STRENGTH®** (V)	1:15pm - 1:45pm **GRIT STRENGTH®** (T V)	1:15pm - 1:45pm **CORE®** (T V)	12:00pm - 12:30pm **GRIT STRENGTH®** (T V)	2:00pm - 2:30pm **CORE®** (T V)
2:00pm - 2:45pm **DANCE©** (T V)	4:00pm - 4:30pm **BODYCOMBAT®** (T V)	1:15pm - 1:45pm **CORE®** (T V)	3:30pm - 4:15pm **BODYATTACK®** (T V)	3:30pm - 4:15pm **BODYCOMBAT®** (T V)	1:15pm - 1:45pm **BODYCOMBAT® EXPRESS** (T V)	2:45pm - 3:30pm **BODYPUMP®** (V)
4:15pm - 5:00pm **Teen Fit - TEEN ONLY CLASS** (T)	4:45pm - 5:15pm **CORE©** (T V)	4:15pm - 5:00pm **Teen Fit - TEEN ONLY CLASS** (T)	4:30pm - 5:15pm **BODYBALANCE®** (T V)	4:30pm - 5:15pm **BODYBALANCE®** (T V)	2:00pm - 2:45pm **BODYPUMP®** (V)	3:45pm - 4:45pm **BODYBALANCE®** (T V)
5:00pm - 5:30pm **Max NRG Express**	5:30pm - 6:15pm **Strength Development**	5:30pm - 6:00pm **Max NRG Express**	5:30pm - 6:15pm **PWR Pilates**	5:30pm - 6:30pm **BODYPUMP®** (V)	3:00pm - 3:30pm **CORE®** (T V)	
5:35pm - 6:05pm **CORE®** (T)	6:15pm - 7:00pm **SHAPES™** (T)	6:15pm - 7:15pm **BODYPUMP HEAVY™**	6:30pm - 7:15pm **BODYPUMP®** (V)	6:45pm - 7:30pm **DANCE®** (T V)	3:45pm - 4:45pm **BODYBALANCE®** (T V)	
6:15pm - 7:15pm **BODYPUMP®**	7:15pm - 7:45pm **DANCE®** (T V)	7:30pm - 8:15pm **BODYCOMBAT®** (T V)				
7:30pm - 8:15pm **BODYATTACK®** (T V)						

Evolve Studio

9:30am - 10:30am **Pilates Matwork** (T)	8:30am - 9:15am **Pilates Matwork** (T)	9:30am - 10:25am **Pilates Matwork** (T)	8:30am - 9:30am **Yoga** (T)	8:30am - 9:15am **Pilates Matwork** (T)	8:00am - 8:45am **Pilates Matwork** (T)
10:30am - 11:15am **Stretch and Flex** (T)	9:30am - 10:25am **BODYBALANCE®** (T)	10:30am - 11:15am **Stretch and Flex** (T)	9:30am - 10:15am **Get Active** (T)	10:05am - 11:00am **Pilates Matwork** (T)	9:45am - 10:45am **BODYBALANCE®** (T)
6:15pm - 7:15pm **Yoga** (T)	10:30am - 11:25am **Get Active** (T)	6:15pm - 7:15pm **Yoga** (T)	10:30am - 11:30am **Pilates Matwork** (T)	11:00am - 11:45am **Stretch and Flex** (T)	11:00am - 12:00pm **Yoga** (T)
	6:15pm - 7:15pm **Pilates Matwork** (T)				

Cardio | Mind & Body | Sculpt & Strengthen | (T) Teen-friendly | (V) Virtual Classes

Class times may vary due to events or public holidays. For the latest Reformer Pilates timetable visit perthhpc.com.au/gym

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GROUP FITNESS TIMETABLE

PERTH HPC GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatic Centre	7:45am - 8:15am **Aqua Express**	7:45am - 8:15am **Aqua Express**	7:45am - 8:15am **Aqua Express**	8:30am - 9:15am **Aqua Fitness**	6:00am - 6:45am **Aqua Fitness**	7:15am - 8:00am **Aqua Fitness**	8:30am - 9:15am **Aqua Fitness**
	8:30am - 9:15am **Aqua Fitness**	8:30am - 9:15am **Aqua Fitness**	8:30am - 9:15am **Aqua Fitness**	9:30am - 10:15am **Aqua Fitness**	7:45am - 8:15am **Aqua Express**	8:15am - 9:00am **Aqua Fitness**	9:30am - 10:15am **Aqua Fitness**
	9:30am - 10:15am **Aqua Fitness**	9:30am - 10:15am **Aqua Fitness**	9:30am - 10:15am **Aqua Fitness**		8:30am - 9:15am **Aqua Fitness**		
	7:15pm - 8:00pm **Aqua Fitness**				9:30am - 10:15am **Aqua Fitness**		
Cycle Studio	T 6:00am - 6:45am **RPM® 45**		T 6:00am - 6:45am **RPM® 45**		T 6:00am - 6:45am **RPM® 45**	T 8:45am - 9:30am **RPM® 45**	
	T 8:45am - 9:15am **Cycle Express**		T 8:45am - 9:15am **Cycle**		T 9:15am - 10:00am **RPM® 45**		

Aqua Cycle T Teen-friendly

FIND THE RIGHT CLASS FOR YOU

AQUA
Low-impact deep water-based workouts that use the resistance of water to improve fitness, strength and mobility while reducing joint stress.

CARDIO
Suitable for all fitness levels for a High Intensity heart-racing workout.
- Get Active
- Max NRG
- ZUMBA®
- ZUMBA GOLD ®
- GRIT® Cardio
- GRIT® Athletic
- BODYATTACK®
- BODYCOMBAT®
- DANCE®

MIND & BODY
Low-intensity classes focused on flexibility, mobility, balance, mindfulness and recovery, suitable for all fitness levels.
- BODYBALANCE®
- Pilates Matwork
- Stretch & Flex
- Yoga
- Yogalaties

CYCLE
Instructor-led indoor cycling classes that improve cardiovascular fitness, endurance and lower-body strength.
- Cycle
- RPM®

SCULPT & STRENGTHEN
Full-body strength and conditioning workouts using a variety of equipment to build strength, fitness and muscular endurance.
- CORE®
- GRIT® Strength
- PWR Pilates
- Strength Development
- SHAPES™
- BODYPUMP®
- BODYPUMP HEAVY™

For full class details and suitability information, visit our website.

Class times may vary due to events or public holidays. For the latest Reformer Pilates timetable visit perthhpc.com.au/gym

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