



Melbourne City Baths Group Fitness Autumn Timetable

Friday 1 March 2024 – Friday 31 May 2024

Monday

Session Time	Activity	Location
6.15am	Reformer Pilates	Reformer Studio
6.15am	HIIT	Gym Studio
7.30am	Reformer Pilates	Reformer Studio
9.00am	Aqua	Program Pool
9.00am	PRIME Circuit	Gym Studio
10.00am	Reformer Pilates	Reformer Studio
10.00am	Aqua	Program Pool
11.00am	Yoga	Group Fitness Studio
11.00am	Aqua	Program Pool
12.00pm	Reformer Pilates	Reformer Studio
12.15pm	HIIT	Gym Studio
1.00pm	Yoga	Group Fitness Studio
1.00pm	Reformer Pilates	Reformer Studio
5.15pm	BodyPump	Group Fitness Studio
5.20pm	Reformer Pilates	Reformer Studio
5.30pm	Cycle	Cycle Studio
6.00pm	GRIT Strength	Group Fitness Studio
6.10pm	Reformer Pilates	Reformer Studio
6.30pm	Boxing	Gym Studio
6.45pm	Zumba	Group Fitness Studio
7.00pm	Reformer Pilates	Reformer Studio

Tuesday

Session Time	Activity	Location
6.15am	Reformer Pilates	Reformer Studio
6.15am	HIIT	Gym Studio
6.30am	Swim Squad	Main Pool
8.30am	Aqua	Program Pool
8.30am	PRIME Circuit	Group Fitness Studio
9.00am	PRIME Circuit	Gym Studio
9.30am	Aqua Zumba	Main Pool
10.00am	Yoga	Group Fitness Studio
10.00am	Reformer Pilates	Reformer Studio
11.00am	VIRTUAL Dance	Group Fitness Studio
12.00pm	Reformer Pilates	Reformer Studio
12.15pm	BodyPump	Group Fitness Studio
1.00pm	Pilates	Group Fitness Studio
1.00pm	Reformer Pilates	Reformer Studio
1.00pm	Boxing	Gym Studio
4.30pm	Reformer Pilates	Reformer Studio
5.15pm	Pilates	Group Fitness Studio
5.20pm	Reformer Pilates	Reformer Studio
5.30pm	Boxing	Gym Studio
6.00pm	BodyAttack	Group Fitness Studio
6.10pm	Reformer Pilates	Reformer Studio
6.30pm	Core	Group Fitness Studio
7.00pm	Reformer Pilates	Reformer Studio

Wednesday

Session Time	Activity	Location
6.15am	Reformer Pilates	Reformer Studio
7.30am	Reformer Pilates	Reformer Studio
9.00am	Aqua	Program Pool
9.00am	PRIME Circuit	Gym Studio
9.30am	Zumba GOLD	Group Fitness Studio
10.00am	Reformer Pilates	Reformer Studio
10.00am	Aqua	Program Pool
11.00am	VIRTUAL BodyAttack	Group Fitness Studio
11.00am	Aqua	Program Pool
12.00pm	Reformer Pilates	Reformer Studio
12.15pm	GRIT Strength	Group Fitness Studio
1.00pm	Yoga	Group Fitness Studio
1.00pm	Reformer Pilates	Reformer Studio
4.30pm	Reformer Pilates	Reformer Studio
5.20pm	Mat Reformer	Reformer Studio
5.30pm	Yoga	Group Fitness Studio
5.30pm	HIIT	Gym Studio
6.10pm	Reformer Pilates	Reformer Studio
6.30pm	Boxing	Gym Studio
6.45pm	Pilates	Group Fitness Studio

Thursday

Session Time	Activity	Location
6.15am	Yoga	Group Fitness Studio
8.30am	PRIME Circuit	Group Fitness Studio
9.00am	PRIME Circuit	Gym Studio
10.00am	PRIME Pilates	Group Fitness Studio
10.00am	Reformer Pilates	Reformer Studio
11.00am	Yoga	Group Fitness Studio
12.00pm	Reformer Pilates	Reformer Studio
12.15pm	BodyPump	Group Fitness Studio
1.00pm	Reformer Pilates	Reformer Studio
4.30pm	Reformer Pilates	Reformer Studio
5.30pm	BodyPump	Group Fitness Studio
5.30pm	HIIT	Gym Studio
5.45pm	Reformer Pilates	Reformer Studio
6.30pm	Boxing	Gym Studio
6.45pm	Zumba	Group Fitness Studio
6.45pm	Reformer Pilates	Reformer Studio

Friday

Session Time	Activity	Location
6.15am	HIIT	Gym Studio
6.30am	Swim Squad	Main Pool
9.00am	PRIME Circuit	Gym Studio
9.30am	Zumba GOLD	Group Fitness Studio
10.00am	Reformer Pilates	Reformer Studio
11.00am	VIRTUAL BodyPump	Group Fitness Studio
11.00am	Aqua	Program Pool
12.00pm	Reformer Pilates	Reformer Studio
12.00pm	Aqua	Program Pool
1.00pm	Boxing	Gym Studio
5.30pm	Yoga	Group Fitness Studio
5.30pm	Circuit	Gym Studio
6.45pm	VIRTUAL BodyBalance	Group Fitness Studio

Saturday

Session Time	Activity	Location
8.30am	Pilates	Group Fitness Studio
9.00am	HIIT	Gym Studio
9.30am	BodyPump	Group Fitness Studio
9.30am	Reformer Pilates	Reformer Studio
10.30am	BodyAttack	Group Fitness Studio
10.30am	Reformer Pilates	Reformer Studio
11.30am	Yin Yoga	Group Fitness Studio
11.30am	Reformer Pilates	Reformer Studio
12.30pm	Reformer Pilates	Reformer Studio
1.00pm	VIRTUAL Dance	Group Fitness Studio
4.00pm	Yoga	Group Fitness Studio

Sunday

Session Time	Activity	Location
9.00am	Circuit	Gym Studio
9.30am	Pilates	Group Fitness Studio
10.30am	Yoga	Group Fitness Studio
10.30am	Reformer Pilates	Reformer Studio
11.30am	VIRTUAL Core	Group Fitness Studio
11.30am	Reformer Pilates	Reformer Studio
1.00pm	VIRTUAL BodyAttack	Group Fitness Studio
4.00pm	Yin Yoga	Group Fitness Studio
8.55am	GRIT Strength	Group Fitness Studio