

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM		RPM					
7:30AM						RPM	
8:00AM	AA CYCLE						
8:30AM				YOGA VINYASA			
9:30AM	TONE	BODY PUMP	BODY PUMP	THT	BODY PUMP		BODY PUMP
10:30AM	BODY BALANCE	STRETCH & RELAXATION	YOGA HATHA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
11:30AM	FEELING FIT	BODY BALANCE	ZUMBA GOLD	TAI CHI	BODY PUMP	BODY BALANCE	
12:30PM		YOGA HATHA					
VIRTUAL ON DEMAND UNTIL 4:30PM							
6:00PM				BODY PUMP			
6:30PM	ZUMBA	BODY STEP					
7:00PM				YOGA			
7:30PM	BODY BALANCE	BODY BALANCE					
7:45PM			MAT PILATES				

AQUA CLASSES							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	AQUANAUTS		AQUANAUTS		AQUANAUTS		
7:00AM	AQUACISE		AQUACISE		AQUACISE		
8:00AM	AQUACISE	GENTLE AQUACISE	AQUACISE	GENTLE AQUACISE	AQUACISE	AQUACISE	
9:00AM	AQUACISE	AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE	AQUACISE	
10:00AM	AQUACISE	AQUACISE	AQUACISE		AQUACISE		
11:15AM	WAVES*				GENTLE AQUACISE		
6:30PM	DEEP WATER RUNNING		AQUACISE	GENTLE AQUACISE			

*Waves not included in Membership.

More information on how to book:
www.knoxleisureworks.com.au

REFORMER PILATES STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
7:00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
8:30AM						REFORMER	
9:30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
10:30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
5:30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
6:30PM	REFORMER	REFORMER	REFORMER	REFORMER			

GYM FLOOR							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	KNOXHIIT						
9:00AM						KNOXHIIT	
9:30AM				KNOXHIIT			
11:30AM	SENIOR STRENGTH*		SENIOR STRENGTH*		SENIOR STRENGTH*		
6:00PM	KNOXHIIT		KNOXHIIT				

*Senior Strength runs from 11:30AM until 2:30PM

VIRTUAL CLASSES**							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	BODY PUMP		BODY ATTACK	RPM	BODY COMBAT		
7:00AM	SPRINT	BARRE	CORE	BARRE	CORE		
8:00AM		BODY COMBAT	BODY BALANCE		SPRINT		

**Virtual on demand all other times.

- Available to Active Adults Members
- Only available to Wellness Members
- These classes are run in the Warm Water Pool



Please remember to book your spots for classes via the Active World App