Timetable effective as of 05 OCT 2026

Reservoir Leisure Centre

GROUP FITNESS TIMETABLE

BOOKINGS ARE ESSENTIAL AND CAN BE MADE IN ADVANCE VIA THE CLIENT PORTAL . Walk-ins are subject to availability

STUDIO 1	INSTRUCTOR LEAD CLASS		INSTRUCTOR LEAD CYCLE CLASS		VIRTUAL CLASS		
	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	STRENGTH	RPM 45	BODY PUMP 45	CYCLE 45	BODY PUMP 45		
7.00am	POWER YOGA	PILATES 30	HATHA YOGA	STRETCH 30	STRETCH 30		
8.05am					LOW IMPACT 45	RPM 45	
8.30am							R1DE 30
8.45am	TOTAL BODY 30	BLITZ 30	PILATES 30	STRECTH 30			
9.00am						BODY STEP 45	
9.15am							BODY PUMP
9.30am	SPRINT 30	BODY PUMP	RPM 45	PWR PILATES 45	RPM 45		
9.45am						BODY PUMP	
10.30am	PILATES 45	SA – CARDIO 45	BODY STEP 45	BODY BALANCE	BODY PUMP		CYCLE 45
11.00am						ZUMBA	
11.30am	SA - STRENGTH 45		SA - STRENGTH 45			Zumba starting 17OCT	DYNAMIC YOGA
11.45am		POST NATAL 45		POST NATAL 45	YANG TO YIN YOGA		
2.00pm	BLITZ 30	STRENGTH	PILATES 30	POWER YOGA	TOTAL BODY 30	BLITZ 30	STRENGTH
4.00pm	STRENGTH						
5.15pm	RPM 45			SPRINT 30			
5.30pm		RETRO AEROBICS 45	SPRINT 30		R1DE 30	NEW CLASS or NEW TIME	
6.00pm				STAMINA 45		Scan the QR code to book your spot in a class via the Client Portal	
6.15pm	ZUMBA 45		BODY PUMP		STENGTH		
6.30pm		PILATES 45					
7.00pm	BODY PUMP 45			ZUMBA			
7.15pm			BODY BALANCE				
7.30pm		R1DE 30					

GYM	FUNCTIONAL TRAINING SESSIONS						
	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am		REZFIT 30		REZFIT 30			
6.30am	REZFIT 30		REZFIT 30				
8:15am						REZFIT 45	
8.30am							REZFIT 45
9.15am						REZFIT 45	
9.30am	REZFIT 45				REZFIT 45		
12.00pm				REZFIT 30			
1.00pm		PRIME STRENGTH 45		PRIME STRENGTH 45			
5.30pm	REZFIT 45		REZFIT 45				
6.00pm		REZFIT 45				NEW CLASS or NEW TIME	
6.30pm	REZFIT 45		REZFIT 45				

AQUATIC	25M POOL				HYDROTHERAPY POOL		
	MON	TUE	WED	THU	FRI	SAT	SUN
8.30am					AQUA MOVES		
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES			
9.30am					SA - WARM WATER		
10.00am	SA - WARM WATER	SA - WARM WATER	SA - WARM WATER	SA - WARM WATER			
7.20pm	AQUA MOVES		AQUA MOVES				

LIVE CLASS DESCRIPTIONS

LIVE INSTRUCTOR LEAD CLASSES	
AQUA MOVES	Water exercise in the 25-metre pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.
BODY BALANCE®	LES MILLS BODYBALANCE® combines Yoga, Feldenkrais Method, Pilates, and Tai Chi with set to great music. It will stretch and strengthen your muscles, improve posture and flexibility, and teach you valuable relaxation techniques.
BODY PUMP®	LES MILLS BODYPUMP®- use weights to strengthen, condition & tone the whole body. You will also increase bone density, support a healthy metabolism, and walk out feeling the pump!
BODY STEP®	LES MILLS BODYSTEP®– a full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Plenty of options - suitable for all levels.
CYCLE	A cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.
DYNAMIC HATHA YOGA	Dynamic Hatha Yoga is an energetic style of that combines traditional Hatha postures and alignment with continuous, flowing movements synchronized to the breath. Build strength, flexibility, balance, and body awareness through a dynamic practice suitable for all levels.
HATHA YOGA	A gentle and accessible practice combining classical yoga postures, breathwork and mindful movement. Build strength, flexibility, balance and mobility while developing greater relaxation and body awareness. Suitable for all levels.
PILATES	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility, and strength.
PRIME STRENGTH	Small group gym-based class focuses on improving strength, balance and confidence through guided circuit training in the gyn. Includes beginner – friendly strength training exercises.
POWER PILATES	Take your Pilates workout to the next level! Power Pilates combines traditional Pilates principles with dynamic strength and cardio intervals to elevate your heart rate while building core strength, stability and muscular endurance. Improve posture, balance and overall fitness with a full-body workout that will leave you feeling strong, energised and empowered. Suitable for all fitness levels, with options to modify or intensify each exercise.
POST NATAL	A session that combines elements of cardio, toning, strengthening, and core work tailored for birthing parents to return to exercise. Excellent for Beginners. Suitable for all fitness levels. Babies' that are not yet crawling are welcome!
RETRO AEROBICS	A fun, high-energy cardio workout inspired by the iconic moves and music of the '80s and '90s. Expect easy-to-follow choreography, feel-good classics, and plenty of laughs as you dance, step, grapevine and groove your way through the class.
REZFIT	A small group session filled with functional training movements incorporating TRX, battle ropes, cardio, free weights and kettlebells in the Functional area of the gym. A great way to learn new exercises. Suitable for all levels.
RPM®	LES MILLS RPM®- A group indoor cycling workout where you control the intensity. It's a fun low impact cardio workout where you can push hard, or cruise – you're in charge of the ride! Reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
SPRINT®	LES MILLS SPRINT® - It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results
STAMINA	An interval workout with well-earned resting periods sure to spike the metabolism and get the heart rate up. A total body workout to simple non choregraphed exercises. A different workout every week that's guaranteed to keep you on your toes!
STAY ACTIVE – CARDIO	A gentle moving cardio class to help with active daily living, incorporating agility, balance, coordination, and strength exercises.
STAY ACTIVE – STRENGTH	Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination, and flexibility. Suitable for chair-based participants to join in.
STAY ACTIVE – WARM WATER	Slow paced gentle water exercise in a supportive warm hydrotherapy pool suitable for those coming back from injury or with chronic conditions.
YANG TO YIN YOGA	Experience the balance of an active Yang practice and a slow, restorative Yin practice in one session. Begin with a dynamic Vinyasa flow, linking breath to movement to build strength, flexibility, balance, and heat. Then transition into a restorative Yin, using longer-held poses to release connective tissue, ease tension and encourage deep relaxation. Move from energising flow into stillness, leaving you feeling grounded, spacious and calm.
ZUMBA®	Zumba®- A medium impact class that fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Enjoy the way your body moves and don't worry if you forget the steps – just have fun!

VIRTUAL CLASS DESCRIPTIONS

VIRTUAL CLASSES	
BLITZ 30	30min class. (BL1TZ 53: FLAWLESS) This low-impact HIIT cardio workout delivers heart-pumping intervals without the strain, keeping you moving strong and feeling unstoppable. No jumps, just results.
CORE 30	30min class. (MARK MOON: CORE CONDITIONING: CONNECT TO THE CORE - FITFUSION) Designed to activate and engage your inner core unit, targeting the front, back and sides of your midsection and help strengthen your lower back and tone your abdominal muscles into shape. Equipment: Mat
LOW IMPACT 45	45min class (FITFUSION: FIT AT 40+ WITH JAMES CROSSLEY – FULL BODY WORKOUT & FITFUSION: FIT AT 40+ WITH JAMES CROSSLEY – CORE) Full body workout designed with an upper body movement, a lower body movement, followed by spiking the heart rate with an active rest. This way the blood's flowing up and down the body followed by a 15min Core workout. Equipment: Mat & weight plate
PILATES 30	30min class. (CORE PILATES – PHYSIQUE57) This core-focused Pilates workout combines light weights and a ball to intensify traditional mat exercises, targeting your deep abdominal muscles, obliques, arms, and stabilizers. Expect a full-body sculpting session that builds lean, defined strength from your centre outward.Equipment: Mat
POWER YOGA	55min class. (AUTHENTIC YOGA STUDIO: ADVANCED POWER VINYASA – JETSWEAT) Designed for students who want to take their practice to the next level. While building strength, students are encouraged to play around with more advanced poses. This advanced class is more athletic in nature as it moves through asanas. Equipment: Mat & block
R1DE 30	30min class. (SH1FT: R1DE) A high intensity, low impact cardio on spin bike. Boutique cycling meets performance riding in this unique fitness experience. Please arrive few mins before session to set up your bike. *** Recommend participants have participated in an instructor lead spin class to be familiar with bike set up.*
STRECTH 30	30min class. (DEEP MOBILITY RESET: 30-MINUTE LOWER BODY) Improve flexibility and mobility in your lower body with this effective routine. Equipment: Mat.
STRENGTH	60min class. (RIP) Virtual Barbell class to strengthen, condition & tone the whole body. Equipment: Bench and 4 risers, bar, and various weight plates *** Recommendation: Participating in an instructor lead strength class (E.g., Body Pump) before attending virtual strength.*
TOTAL BODY 30	30min class (MARK MOON: TOTAL BODY TRAINING - SCULPT AND SWEAT - FITFUSION) This challenging strength and cardio workout will get the heart rate up, while sculpting your legs, back, chest, arms, shoulders and core in this dynamic total body Sculpt and Sweat workout. Equipment: 2 x weight plates and mat

Group Fitness Class Etiquette - Let's make every class a great experience for everyone!

📲 Book your class – Bookings are essential to secure your spot.
⏰ Arrive early – Please arrive 5–10 minutes before class starts to set up and settle in.
🚪 Late arrivals – For your safety and to avoid disruption, entry may not be permitted once the class has started.
❌ Can't make it? Un-book – Please cancel your booking as early as possible so someone on the waitlist can join.
📱 Phones away – Silence your phone and avoid taking calls during class.
💧 Bring the essentials – Water bottle, towel, and a positive attitude!
🤝 Respect personal space – Be mindful of those around you when setting up your equipment.
🎧 Listen to your instructor – Follow technique cues and ask for help if you're unsure.
🧹 Clean your equipment – Wipe down and return all equipment after class.
🚶 Stay for the cool down – It helps your body recover and reduces the risk of injury.
💬 Be kind and encouraging – Everyone is on their own fitness journey. A smile goes a long way!

❤️ **Remember...**

Our classes are welcoming, inclusive, and judgment-free. Whether it's your first class or your hundredth, we're here to support each other and have fun while getting active!

Scan the QR code to book your spot via the Client Portal