Group Fitness Timetable

Effective 21 June 2026

Studio 1 (S1)

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	6.05 am		BODYPUMP 45	PILATES 45	BODYPUMP 45			
	8.30 am	YOGA 45		FIT FOR LIFE CIRCUIT	YOGA 45	FIT FOR LIFE CIRCUIT	GRIT 30	CORE 30
	9.05 am						BODYPUMP	PILATES 45
	9.30 am	BODYCOMBAT	CORE 30	BODYBALANCE	BODYPUMP	BODYATTACK		
	9.30 am	CHAIR YOGA FR				CHAIR YOGA FR		
	10.00 am		FIT FOR LIFE STRENGTH PROGRAM GM					
	10.15 am		YOGA				BODYBALANCE	
	10.30 am	BODYPUMP		BODYATTACK	CORE 30	PILATES 45		
	11.15 am						BODYJAM	
	11.30 am	FIT FOR LIFE CIRCUIT	FIT FOR LIFE CIRCUIT	MOBILISE	FIT FOR LIFE CIRCUIT	FIT FOR LIFE GENTLE JOINTS		FIT FOR LIFE GENTLE JOINTS
PM	1.00 pm		FIT FOR LIFE GENTLE JOINTS		CHAIR YOGA			
	4.00 pm						STRENGTH DEVELOPMENT 45	BODYBALANCE
	5.00 pm							BODYJAM
	5:45 pm	STRENGTH DEVELOPMENT 45	BODYJAM	GRIT 30	BODYBALANCE			
	6.15 pm			CORE 30		CORE 30		
	6.45 pm	BODYATTACK 45	BODYBALANCE		BODYCOMBAT 45			
	7.00 pm			BODYPUMP				
	8.00 pm			ZUMBA 45				

Studio 2 (S2)

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	8:30 am				MOBILISE	FIT FOR LIFE CIRCUIT (overflow)		
	9:30 am	ZUMBA 45			ZUMBA 45			
	10:30 am	MOBILISE			BOXING			
	6.00 pm		PILATES 45					

Cycle

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	6.05 am	RPM 45		sprint 30		RPM 45		
	9.05 am						RPM 45	sprint 30
	9.30am			RPM 45		RPM 45		
	10.05 am		sprint 30					
PM	5.30 pm	RPM 45	sprint 30	RPM 45		sprint 30		
	6.00 pm				sprint 30			

Aqua Fitness

		MON	TUES	WED	THURS	FRI	SAT	SUN
AM	8.00 am		AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT		AQUA FIT
	9.00 am		AQUA FIT	AQUA FIT		AQUA FIT		AQUA FIT
	9.05 am						AQUA FIT	
PM	6.05 pm	AQUA FIT						
	7.05 pm			aqua ZUMBA	AQUA FIT			

30 30 minute class 45 45 minute class FR Function Room (Chair Yoga held in function room. Room subject to change) GM Held in Gym

arccampbelltown.com.au/group-fitness

SWIM
FITNESS
SPORT