

Wanneroo Aquamotion

Group fitness timetable 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-6.45am Strength Squad	6am-6.45am Spin	6am-6.45am BODYPUMP®	6am-6.45am Spin	6am-6.45am BODYPUMP®	
	6am-6.45am Aqua Fit		6am-6.45am Aqua Fit		7.40am-8.25am Aqua Fit
8am-8.45am Aqua Fit	7.15am-8.00am Aqua Fit		8.00-8.45am Aqua Fit	7.15am-8am SAS	8am-8.45am BODYPUMP®
9am-9.30am C4 HIIT	9am-9.45am MetaPWR	9am-9.45am Metafit & Core FX	9am-9.45am Spin	9am-9.45am MetaPWR	9am-9.45am BODY COMBAT®
9.45-10.30am BODYPUMP®	10am-10.30am Spin HIIT	10am-10.45am Yoga Flow	10am-10.45am BODYPUMP®	10am-10.30am Spin HIIT	10am-10.45am BODY BALANCE® Virtual
10.45-11.30am Pilates	10.45-11.30am BODY BALANCE® Virtual		11am-11.45am Pilates	10.45-11.30am BODY BALANCE® Virtual	
		12pm-12.45pm BODY PUMP® Virtual			Sunday
1pm-2pm Aqua Nifty 50s	1pm-2pm Aqua Nifty 50s	1pm-2pm Aqua Nifty 50s		1pm-2pm Aqua Nifty 50s	7.30am-8.15am BODY ATTACK® Virtual
4.30pm-5.15pm BODY BALANCE® Virtual	4pm-4.45pm BODY PUMP® Virtual	4.45pm-5.15pm BODY BALANCE® Virtual	4pm-4.30pm BODY ATTACK® Virtual		8.30am-9.15am DANCE® Virtual
5.40pm-6.10pm Spin HIIT	5.30pm -6.15pm BODY COMBAT®	5.40pm-6.10pm Spin HIIT	5.30-6.15pm Pilates	5pm-5.45pm DANCE® Virtual	9.30-10.15am BODY PUMP® Virtual
6.20pm-7.05pm BODYPUMP®	6.20pm-7.05pm Yoga Flow	6.20pm-7.05pm BODYPUMP®	6.20pm-7.05pm Yoga Flow		10.30-11.15am BODY BALANCE® Virtual
7.30pm-8.15pm BODY BALANCE® Virtual	7.15pm-8pm DANCE® Virtual	7.30-8.15pm BODY BALANCE® Virtual			

Group fitness class descriptions

Class held by a live instructor in the group fitness room

Class held in the pool

Class held by a virtual trainer in the group fitness room

Aqua Fit - Ideal if you are recovering from an injury or are looking for a low impact routine. You will still be burning and toning in the water.

Aqua Nifty 50s - A gentle, fun aqua class all about socialising and enjoying exercise.



- Yoga, Tai Chi, Pilates workout that builds flexibility/strength and leaves you centred and calm. Bring your own mat or you are welcome to use one of ours.



- A fiercely energetic program inspired by mixed martial arts. Strike your way through calories.



- Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.

C4 and C4 HIIT - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking.

CoreFX - A core fitness class designed with more than your six-pack in mind. Improve your functional strength and work towards injury prevention.



- Is a high energy workout that will reinvent the way you move & sweat. Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres. A great option for those who want to improve their dance skills while getting fit or just love to dance.

metafit® - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible.



- Equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

Pilates - This class works on core strength, posture, stability and flexibility whilst improving quality of movement. Bring your own mat or you are welcome to use one of ours.

Spin - An intense cardio workout that caters to all fitness levels. Be lead through stages to maximise your caloric burn.

Spin HIIT - 30 minutes of intense freestyle cycling. Maximum power equals maximum results.

Strength Squad - Lift heavy to live strong. Define, strengthen & develop your full body with a range of lifting techniques.

Yoga Flow - This class is about a fluid practice combining breath, movement and awareness to facilitate strength, mobility, focus and relaxation for all fitness levels. Bring your own mat or you are welcome to use one of ours.

General information

- Please arrive at least 10 minutes prior to class with a towel and water
- Please inform the instructor of any injuries or conditions that may affect your ability to exercise
- For your safety, no one shall be allowed entry once warm up has commenced
- Class timetables may vary on public holiday