Wanneroo Aquamotion

Aqua Replacement Classes | July 6 - 31

City of Wanneroo

	M	T	W	T	F	S
7am					7:15am - 8am **SAS**	
8am			8am - 8:45am **Keep Fit**			
1pm	1pm - 1:45pm **SAS**	1pm - 1:45pm **SAS**			1pm - 1:45pm **SAS**	

SAS - Strong active seniors is a fun fitness session for the mature 50+. A mix of cardio, strength and functional training.

Keep Fit - A mix of low impact functional movements to work on your strength, mobility and flexibility whilst improving your quality of movement.

- Virtual group fitness - a class led by the Les Mills team on the big screen.
- Classes alternate fortnightly between Body Pump & Body Pump Heavy - check bookings.

ONDEMAND - Your choice of any virtual class.

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

LesMills BODYPUMP HEAVY Tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else.

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

LesMills BODYATTACK A high energy fitness class with a combination of athletic movements and strength exercises.

LesMills BODYBALANCE Yoga, Tai Chi, Pilates workout that builds flexibility/strength and leaves you centered and calm.

LesMills CORE Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention

LesMills sprint 30-minute high-intensity interval training (HIIT) cycle workout, using an indoor bike to achieve fast results.

LesMills RPM Group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session

LesMills THE TRIP A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

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

Fit Squad A dynamic circuit class blending functional strength training with high-energy cardio intervals to deliver a full-body workout.

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

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.

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

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.

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 use one of ours.

Wanneroo Aquamotion
Group Fitness Timetable 2026

City of Wanneroo

	M	T	W	T	F	S	S
5am	ONDEMAND						
6am	6am - 6:45am Strength Squad	6am - 6:45am Spin	6am - 6:45am LesMills BODYPUMP * BODYPUMP HEAVY	6am - 6:45am Spin	6am - 6:45am LesMills BODYPUMP	ONDEMAND	
7am	7am-7.30am LesMills sprint	ONDEMAND		7am-7.30am LesMills RPM	7:15am - 8am SAS	7am-7.30am LesMills sprint	7:30am - 8:15am LesMills BODYATTACK
8am	7.45am-8.15am LesMills CORE	ONDEMAND		7.45am-8.15am LesMills CORE	8.15am-8.45am LesMills sprint	8am - 8:45am LesMills BODYPUMP * BODYPUMP HEAVY	8:30am - 9:15am LesMills BODYPUMP
9am	9am - 9:30am C4 HIIT	9am - 9:45am meta PWR	9am - 9:45am Strength Squad	9am - 9:30am Spin	9am - 9:45am meta PWR	9am - 9:45am LesMills BODYCOMBAT	
	9:45am - 10:30am LesMills BODYPUMP * BODYPUMP HEAVY			9:45am - 10:30am LesMills BODYPUMP			9:30am - 10:20am LesMills RPM
10am		10am - 10:30am SPIN HIIT	10am - 10:45am Yoga Flow		10am - 10:30am Recovery Stretch & Flex	10am - 10:45am LesMills BODYBALANCE	
	10:45am - 11:30am Pilates	10:45am - 11:30am LesMills BODYBALANCE		10:45am - 11:30am Pilates	10:45am - 11:35am LesMills RPM		10:30am - 11:15am LesMills BODYBALANCE
11:30am	ONDEMAND						
12pm	ONDEMAND		12pm - 12:45pm LesMills BODYPUMP	ONDEMAND			
1pm - 4pm	ONDEMAND						
4pm	4:30pm - 5:15pm LesMills BODYBALANCE	4pm - 4:45pm LesMills BODYPUMP	4:30pm-5:15pm LesMills BODYPUMP	4pm - 4:30pm LesMills BODYATTACK	ONDEMAND		
5pm	5:40pm - 6:10pm SPIN HIIT	5:30pm - 6:15pm LesMills BODYCOMBAT	5:30pm - 6:15pm Strength Squad	5:30pm - 6:15pm Fit Squad	5pm-5:45pm LesMills THE TRIP	ONDEMAND	
6pm	6:20pm - 7:05pm LesMills BODYPUMP	6:20pm - 7:05pm Recovery Stretch & Flex	6:30pm - 7:05pm LesMills BODYBALANCE	6:20pm - 7:05pm Pilates	ONDEMAND		
7pm	ONDEMAND						