Kingsway Indoor Stadium

2026 Group fitness timetable

City of Wanneroo

Only $12 per week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8am-8.45am **SAS**	8.15am-9am **SAS**	8.15am-9am **SAS**	8am-8.45am **SAS**	8.15-9am- **Spin**
9.15am-10am **Pumped**	9am-9.30am **Spin 30** 9am-9.45am **SAS**	9.15am-10am **Glute FX**	9.15am-10am **Strength Squad**	9am-9.45am **Spin** 9am-9.45am **Step & Shape**	9.15am-10am **HIIT FIT + CORE**
10.15am-11am **Yin Yoga**	10am-10.45am **Pilates**	10.15am-11am **Stretch & Flex**	10.15am-11am **Yoga Flow**	10am-10.45am **Pilates**	
	5.30pm-6.15pm **meta PWR**	5.30pm-6.15pm **CLUB POWER**	5:30pm-6pm **Spin 30** 4.45pm-5.15pm **Spin 30**		
6pm-6.30pm **HIIT FIT**		5.45-6.15pm **Spin 30**	6pm-7pm **CLUB FIESTA**		
6.40pm-7.25pm **ABT**	6:30pm-7pm **Spin 30**	6.30pm-7.15pm **Pilates**			

Kickstart your fitness

30 DAYS FOR $30*



Enjoy access to all group fitness classes.

*Conditions apply, new members only.



Class descriptions

ABT
Tone your lower body with this low impact core conditioning class that targets your abs, butt and thighs.

Club Fiesta
Combining fitness and dance, to exotic rhythms to burn fat, tone and sculpt your body by releasing endorphins to reduce stress.

Club Power
A high energy strength training class that focuses on increasing muscle mass using controlled movements. This class is set to popular music and tailored to your fitness level.

GluteFX
Maximising the power in your glutes will help you unlock better posture, training and functional strength to help you in and out of the gym.

HIIT FIT
A fast-paced, high-energy workout combining short bursts of high-intensity exercise with recovery periods. Build strength, boost cardiovascular fitness, and burn energy in just 30 minutes!

HIIT FIT + Core
Build strength, boost cardiovascular fitness, and burn energy! Then finish your session with a focus on building core strength, stability and posture. This class has it all.

MetaPWR ™
An 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.

Pumped
A high repetition, low weight range class that is choreographed to music, each track will focus on your major muscle groups to leave you feeling lean and strong.

S.A.S - Step and Shape
Designed with low impact moves using a step to improve cardiovascular health, bone health, balance and hip knee functionality combined with resistance training to tone muscles. All moves can also be performed without a step.

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

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

Strength Squad
Build strength, improve endurance and boost confidence in this full-body workout using resistance exercises and a variety of equipment. Suitable for all fitness levels, with options to challenge yourself and progress at your own pace.

Stretch and Flex
A stretching and mobility class that aims to improve functional capacity, recovery, and prevent injury.

Yin Yoga
A slow-paced style of yoga holding postures for longer periods than other styles of yoga. It works deeply into the connective tissues, facia, ligaments and joints of the body.

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.

Timetable is subject to change. Disclaimer: No joining or cancellation fees. Sign-up with no lock-in contract, cancel any time. Conditions apply. Concession discounts are available to all senior citizens, full-time students and health care cardholders (identification card required).



Find out more at
wanneroo.wa.gov.au/kingsway