



# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC



## ACTIVITY PROGRAMME

### MONDAY

Yoga\* 9.30am - 10.30am  
Cardio Dance 7.00pm - 8.00pm

### TUESDAY

Teen Gym 3.00pm - 4.30pm  
Cardio Cycle Express 6.15pm - 6.45pm  
Cardio Cycle Express 6.45pm - 7.15pm  
Legs, Bums & Tums 7.00pm - 8.00pm  
Beginners Cardio Cycle 7.15pm - 7.45pm  
Pilates 8.00pm - 9.00pm

### WEDNESDAY

Pilates 11.00am - 12.00pm  
Circuits 6.00pm - 7.00pm

### THURSDAY

Teen Gym 3.00pm - 4.30pm  
Ju Jit Su Junior\* 6.00pm - 7.00pm  
Ju Jit Su Senior\* 7.00pm - 8.00pm  
Cardio Tone 7.00pm - 8.00pm

### FRIDAY

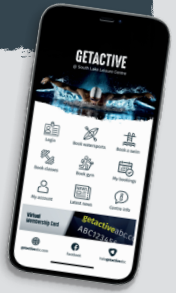
Nifty Fifties\*\* 10.00am - 12.00pm  
Cardio Cycle Express 6.15pm - 6.45pm

\* Not included in getactiveabc membership | Enrolment necessary  
\*\* Enrolment necessary

### ADDITIONAL INFORMATION

- All classes must be booked online in advance
- Members 8 days | Non members 4 days advance online booking
- Please arrive 5 mins before the class starts
- Please wear appropriate clothing & footwear
- Please bring water bottle with you
- Toilets, changing rooms and showers are available

Make bookings simpler.  
Download the getactiveabc app



Book Online at [getactiveabc.com/fitnessclasstimetables](https://getactiveabc.com/fitnessclasstimetables)