

Thomastown Recreation & Aquatic Centre



Group Fitness Timetable

To learn more about each
class type visit:
www.trac.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM						BODYATTACK	BODYCOMBAT
9:15 AM	BODYPUMP	THT (Tummies, Hips and Thighs)	BODYPUMP	BODYBALANCE	BODYPUMP	BODYPUMP	Zumba
10:15 AM	BODYBALANCE	BODYBALANCE	Yoga	Zumba	THT (Tummies, Hips and Thighs)	Yoga	BODYSTEP
5:30 PM	BODYPUMP	BODYBALANCE	BODYPUMP	BODYSTEP			
6:30 PM	BODYATTACK	BODYPUMP	BODYATTACK	BODYPUMP	Yoga		
7:00 PM	Women's Gym*						
7:30 PM	Yoga	Pilates					

All group fitness classes run for a duration of 60 minutes. Selected classes marked with* run for 30 minutes.

Timetable effective 16/07/21

Thomastown Recreation & Aquatic Centre



Cycle Timetable

To learn more about each class type visit:
www.trac.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM				Cycle			
10:30 AM			Cycle Express*			Cycle	
6:45 PM	RPM	Cycle	RPM				

All cycle and RPM classes run for a duration of 45 minutes. Selected classes marked with* run for 30 minutes.

Aqua Aerobics Timetable

To learn more about each class type visit:
www.trac.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 AM	Aqua	Aqua	Aqua	Aqua	Aqua		
10:15 AM		Aqua	Aqua		Aqua		
11:00 AM	Aqua		Aqua				
11:15 AM					Aqua Hydro		
7:00 PM		Aqua		Aqua			

All aqua aerobics classes run for a duration of 60 minutes.

Timetable effective 16/07/21