

# Thomastown Recreation & Aquatic Centre



## Group Fitness Timetable

To learn more about each  
class type visit:  
[www.trac.com.au](http://www.trac.com.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:15 AM</b>						BODYATTACK	BODYCOMBAT
<b>9:10 AM</b>	BODYPUMP	THT (TUMMIES, HIPS AND THIGHS)	BODYPUMP	BODYBALANCE	BODYPUMP		
<b>9:15AM</b>						BODYPUMP	ZUMBA*
<b>10:15AM</b>						YOGA	BODYSTEP
<b>10:25 AM</b>	BODYBALANCE			ZUMBA	THT (TUMMIES, HIPS AND THIGHS)		
<b>5:30 PM</b>	BODYPUMP		BODYPUMP	BODYSTEP			
<b>6:30 PM</b>	BODYATTACK	BODYPUMP	BODYATTACK	BODYPUMP	YOGA		
<b>7:00 PM</b>	WOMEN'S GYM SMALL GROUP TRAINING*						
<b>7:30 PM</b>	YOGA	PILATES					

All group fitness sessions run for a duration of 60 minutes, excluding those marked with \*.

\* Women's Gym Small Group Training runs for 30 minutes. Sunday Zumba session runs for 45 minutes.

Please note that bookings are required for all sessions, available via the Active World app or reception.

Late arrivals will not be permitted to enter the session.

Please remember to bring a towel, mat and water bottle to adhere to our COVID-safe practices.

Timetable effective 30/10/21

# Thomastown Recreation & Aquatic Centre



## Cycle Timetable

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:10 AM							
10:30 AM			CYCLE EXPRESS			CYCLE	
6:45 PM	RPM	CYCLE					

Cycle and RPM sessions run for a duration of 45 minutes, and Cycle Express sessions run for 30 minutes.

## Aqua Aerobics Timetable

To learn more about each class type visit:  
[www.trac.com.au](http://www.trac.com.au)

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

All aqua aerobics sessions run for a duration of 45 minutes.

Please note that bookings are required for all sessions, available via the Active World app or reception.

Late arrivals will not be permitted to enter the session.

Please remember to bring a towel and water bottle to adhere to our COVID-safe practices.

Timetable effective 30/10/21