

Group Fitness Studio (60min)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	BODYPUMP 45MIN			BODYPUMP 45MIN			
8:30AM							ZUMBA
8:45AM						CARDIO BLAST 45MIN	
9:30AM	BODYPUMP	THT	BODYPUMP	ZUMBA	BODYPUMP	BODYPUMP	BODYCOMBAT
10:30AM	LM CORE *30MIN	HIIT *30MIN			THT	YOGA	BODYSTEP
11:00AM			ACTIVE ADULTS				
5:30PM	BODYPUMP	ZUMBA	BODYPUMP	BODYSTEP			
6:30PM	BODYATTACK	BODYCOMBAT	BODYATTACK	STUDIO MATWORK PILATES			
7:30PM	YOGA	STUDIO MATWORK PILATES	YOGA				

**Thomastown Recreation
& Aquatic Centre**



Thomastown Recreation & Aquatic Centre
52 - 54 Main St,
Thomastown Vic 3074
03 9463 0700
trac.com.au

Cycle Studio (45min)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	CYCLE		RPM				
9:00AM						RPM (STARTING 11 NOV)	
6:45PM	RPM		RPM				

Aqua Aerobics (45min)

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



Use our facility code: TRAC

All classes are booked on the Active World App or at reception.

Download the Active World App to book your group fitness classes

TRAC

Group Fitness Timetable

Effective 1 November 2023



Whilst every effort is made to ensure our timetables are accurate, due to the physically demanding nature of Group Fitness, instructors and/or classes can change at short notice. We thank you for your understanding.