

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							BODYCOMBAT
8:30 AM						BODYATTACK	
9:10 AM	BODYPUMP	THT	BODYPUMP	BODYBALANCE	BODYPUMP		
9:15AM							ZUMBA*
9:30 AM						BODYPUMP	
10:15AM							BODYSTEP
10:25 AM			PILATES	ZUMBA	THT		
10:35 AM						YOGA	
5:30 PM	BODYPUMP	ZUMBA	BODYPUMP	BODYSTEP			
6:30 PM	BODYATTACK	BODYCOMBAT	BODYATTACK	BODYPUMP	YOGA		
7:00 PM	WSGT						
7:30 PM	YOGA	PILATES					

All group fitness sessions run for 60 minutes, except those marked with * which run for 45 minutes.

* Women's Small Group Training (WSGT) runs for 30 minutes in the Women's Gym. THT refers to Thighs Hips and Tummies.

Please note that bookings are required for all sessions and can be made via the Active World app or at reception.

Late arrivals will not be permitted to enter the session.

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

Timetable effective 02/05/2022

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Cycle Timetable

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

RPM and Cycle sessions run for 45 minutes.

Please note that bookings are required for all sessions and can be made via the Active World app or at reception.

Late arrivals will not be permitted to enter the session.

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

Aqua Aerobics Timetable

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:10 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 45 minutes.

Please note that bookings are required for all sessions and can be made via the Active World app or at 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 02/05/2022