

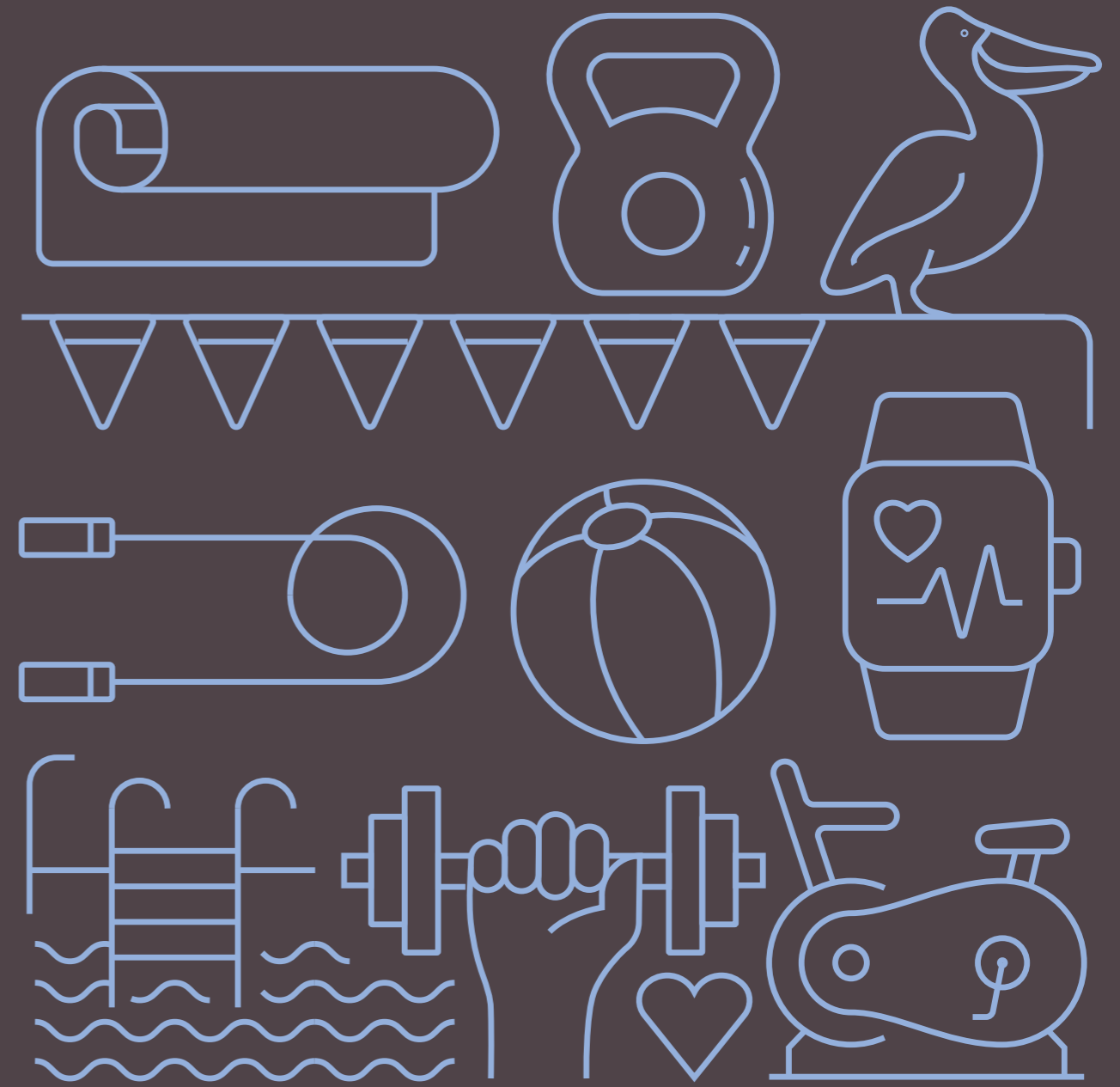
**Book your class via
the Active World
app or web portal**



Scan to download
the app



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the web portal



Pelican Park Recreation Centre's **Group Fitness Timetable**

Autumn/Winter 2026
Effective from Tuesday 7 April

Classes and instructors are subject to change.
Always check Active World app for most up to date class schedule.



**Mornington
Peninsula Shire**

Active

Reformer Pilates Studio

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:10am	Reformer Hybrid	Reformer Traditional	Reformer Hybrid	Reformer Traditional	Reformer Hybrid		
8:10am		Reformer Hybrid	Reformer Traditional	Reformer Hybrid	Reformer Traditional	Reformer Hybrid	
9:10am	Reformer Traditional		Reformer Traditional		Reformer Hybrid	Reformer Traditional	
10:30am	Reformer Momentum	Reformer Traditional	Reformer Momentum	Reformer Traditional	Reformer Momentum		
4:10pm		Reformer Traditional		Reformer Traditional			Reformer Traditional
5:10pm	Reformer Traditional	Reformer Traditional	Reformer Traditional	Reformer Traditional			
6:10pm	Reformer Hybrid		Reformer Hybrid				

Group Fitness Studio

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:05am	Full Body Workout	CardioBlast	Full Body Workout	HIIT Cycle	Full Body Workout		
8:30am		Momentum		Stretch & Strength	Momentum	RPM	
9:30am	HIIT Cycle	Body Pump	Burn It	Body Pump	HIIT Cycle	Body Pump	
10:40am	Pilates	Body Balance	Pilates	Pilates	Stretch & Strength		Body Balance
12:00pm	Agestrong		Agestrong				
1:00pm	Agestrong						
4:30pm		Yoga					
5:30pm	Spin	Cardio Boxing	RPM	Body Pump			
6:30pm	Body Pump		Body Balance				

 All Access

CONNECT30 - Gym Floor

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10:00am	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
10:45am	BeActive Longer		BeActive Longer		BeActive Longer		
6:00pm	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		

Sweat & Reset 30 mins of group fitness, followed by 30 mins of wellness recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:20am		Reformer & Recovery	CONNECT30 & Recovery	Reformer & Recovery			

Aqua Aerobics

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:15am	Aqua	Aqua Zumba	Aqua Deep	Aqua	Aqua Deep	Aqua Deep	
9:15am	Aqua Deep	Aqua Deep	Aqua	Aqua Deep	Aqua		Aqua
10:15am	Aqua		Aqua Eze	Aqua Bubs	Aqua		
1:00pm	Aqua Bubs						
2:00pm	Aqua		Aqua Deep	Aqua			
6:30pm		Aqua			Aqua		

 All Access