

Whether you're new to exercising or have experience in a group setting, our classes are designed for everyone, so you can work at your own pace. If it's your first time, just let the instructor know and they'll be happy to help you get started. Many of our classes offer adaptations, regressions and progressions to ensure everyone feels supported, no matter which class you choose.

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Start Time	Class Length	Class	Start Time	Class Length	Class	Start Time	Class Length	Class	Start Time	Class Length	Class	Start Time	Class Length	Class	Start Time	Class Length	Class	Start Time	Class Length	Class
Morning Session			Morning Session			Morning Session			Morning Session			Morning Session			Morning Session			Morning Session		
09:00	45 mins	Ballet Fit+	06:30	45 mins	Functional Fit	09:00	45 mins	Power Sculpt	06:30	45 mins	Functional Strength	08:30	60 mins	Vinyasa Yoga	09:00	45 mins	Bars & Beats	09:15	60 mins	Yoga Strength
09:30	45 mins	Functional Fit	08:15	45 mins	Functional Strength	10:15	45 mins	Active Age Functional*	08:45	60 mins	Pilates	09:15	45 mins	Cardio and Core+ Starts 11 th Sept	10:00	45 mins	Functional Strength	10:00	45 mins	Functional Foundations
10:15	45 mins	Lift Lean	09:30	45 mins	Pilates	10:45	60 mins	Tai Chi	10:00	45 mins	Fitness Fusion Starts 10 th Sept	10:00	45 mins	Active Age Functional*				11:15	55 mins	Aqua Beats+ Starts 4 th Oct
11:15	55 mins	Aqua Fit+ Starts 28 th Sept	Evening Session			Evening Session			10:30	55 mins	Aqua Fit+ Starts 1 st Oct	12:30	55 mins	Aqua Fit+ Starts 2 nd Oct				12:00	45 mins	Functional Juniors++
Evening Session			17:45	60 mins	Vajrasati Yoga	Evening Session			Evening Session			Evening Session								
18:00	60 mins	Hatha Yoga Starts 13 th Sept	18:15	45 mins	LBT	18:00	45 mins	Pure Circuits	18:00	45 mins	Functional Fit	18:00	30 mins	Functional Core						
18:15	45 mins	Zumba Toning	19:15	30 mins	Functional Core	18:30	45 mins	Functional Fit	19:00	45 mins	Bars & Beats									
18:30	45 mins	Functional Strength				19:00	60 mins	Hatha Flow Yoga												
						19:30	45 mins	Retro Robics+												

Colour key

- Yellow = Studio
- Green = Gym Floor
- Blue = Pool

+ These classes are suitable for those 14 years & over.
 ++ These classes are suitable for 11–15 years.
 * These classes are designed for older adults.
 All other classes are suitable for adults aged 16 years & above.

The class session includes any time taken to set-up and take-down equipment necessary for the activity.

If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing. Cancellations cannot be accepted within 60 minutes of class start time. Timetable etiquette: Please arrive on time and check in at reception. Once the class has started, we cannot allow access.

For full class descriptions visit www.waveactive.org. Please note timetable subject to change.

A quick guide to what to expect from the group exercise classes.

Ballet Fit

Ballet-inspired movement to support posture, balance, flexibility and graceful strength. Low impact and welcoming, with options to work at your own pace.

Lift Lean

A strength-based class using weights to build tone, confidence and resistance training technique. Suitable for different fitness levels with options throughout.

Aqua Fit

A fun, low-impact pool workout using water resistance to support fitness, strength and mobility. Great for a wide range of abilities.

Hatha Yoga

A steady yoga class focused on movement, stretching, breathing and relaxation. Supports flexibility, posture, balance and wellbeing.

Zumba Toning

A fun, dance-inspired workout combining Zumba rhythms with light weights to tone and strengthen the whole body

Pilates

Controlled, low-impact exercises to support core strength, posture, flexibility and body awareness. Calm, focused and accessible.

Vajrasati Yoga

A mindful yoga practice combining breath, movement and awareness. Supports balance, flexibility and relaxation.

LBT

Legs, bums and tums class focused on lower-body strength, toning and core stability. Friendly, focused and easy to follow.

Power Sculpt

A strength and conditioning class using resistance and bodyweight movements. Helps build strength, fitness and confidence.

Tai Chi

Gentle flowing movements that support balance, coordination, mobility and relaxation. A calm, accessible way to move.

Pure Circuits

A varied circuit-style class using different stations to support strength, stamina and confidence. Work at your own pace.

Hatha Flow Yoga

A flowing blend of traditional yoga postures and breathwork to improve strength, flexibility and balance while leaving you feeling calm and refreshed.

Retro Robics

A music-led fitness class with a retro feel. Simple aerobic-style moves to support cardio fitness, coordination and confidence.

Fitness Fusion

An all-round class combining strength, conditioning, core and mobility. Great if you enjoy variety and want a full-body session.

Bars & Beats

Music-led conditioning using light resistance and rhythm-based movement. Fun, uplifting and focused on feel-good fitness.

Cardio and Core

A mix of cardio movement and core strengthening. Supports stamina, posture, stability and overall fitness.

Yoga Strength

Yoga-based movement with more focus on strength, stability and control. Combines flowing movement, bodyweight strength and stretching.

Aqua Beats

A water-based class set to music for a fresh, fun pool workout. Low impact while supporting fitness, strength and confidence.

Functional Fit

A gym floor workout using everyday movement patterns like pushing, pulling, lifting and squatting. Practical, varied and supportive.

Functional Strength

Resistance-based training to help build strength for real life. Focuses on safe lifting patterns, technique and confidence.

Functional Core

A focused 30-minute class for posture, balance and stability. Expect controlled core movements including twists, holds and rotations.

Functional Foundations

A lower-impact class for those starting out or returning to exercise. Build fitness, strength and technique from the foundations up.

Active Age Functional

Designed for older adults who want to stay strong, mobile and confident. Supportive gym floor movement for everyday life.

Functional Juniors

Fun, safe and age-appropriate movement for juniors. Builds confidence, coordination and enjoyment of being active.

REMINDER: The quickest and most convenient way to book your classes is through the Wave Active app.
If you require any further assistance with booking or would like any further information, please speak with a member of the team.