

Wulanda Group Fitness Timetable

Commencing 22 June 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	HIIT (45min) Level 1 Program Room	Strength (45min) Level 1 Program Room	Speed (45min) Level 1 Program Room	Resistance (45min) Level 1 Program Room	Functional (45min) Level 1 Program Room		
7.00am	Spin (45min) Level 1 Program Room	Power Circuit (45min) Level 1 Program Room		Powercircuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room		
8.00am							
8.15am		Express Core & More (30min) Level 1 Program Room				Express Cardio (30min) Level 1 Program Room	
9.00am	Aqua Combat(45min) Warm Water Pool	Yoga (45min) Youth Room	Aqua HIIT (45min) Warm Water Pool	Core and More (45min) Level 1 Program Room	Aqua HIIT (45min) Warm Water Pool	Yoga (45min) Youth Room	
10.00am	Aqua Deep(45min) 25m Pool	Aqua Aerobics(45min) 25m Pool	Mindful Movement (45min) Level 1 Program Room	Aqua Resistance (45min) Warm Water Pool		Yoga (45min) Youth Room	
11.30am	Active Adults (45min) Level 1 Gym	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Gym	Aqua Deep(45min) 25m Pool		
12.30pm	HIIT (30 min) Level 1 Gym	Strength (30 min) Level 1 Gym	Speed (30 min) Level 1 Gym	Resistance (30min) Level 1 Gym	Functional Fit (30 min) Level 1 Gym		
3.30pm	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym		
4.00pm	Teen SGT (30 Mln) Level 1 Gym	Teen SGT (30 Mln) Level 1 Gym					Meditation (45 min) Level 1 Program Room
5.30pm	LES MILLS Body Step (45 min) Level 1 Program Room	LES MILLS Body Pump (45 min) Level 1 Program Room	Freestyle (45min) Level 1 Program Room	LES MILLS Body Pump (45 min) Level 1 Program Room			
	Aqua Combat(45min) Warm Water Pool		Aqua Aerobics(45min) Warm Water Pool	Aqua Resistance (45min) Warm Water Pool			
6.00pm	HIIT (30 min) Level 1 Gym	Strength (30 min) Level 1 Gym	Speed(30 min) Level 1 Gym	Resistance(30 min) Level 1 Gym	Functional(30 min) Level 1 Gym		
6.30pm	Mat Pilates (45 Min) Level 1 Program Room	Aqua HIIT (45min) Warm Water Pool	Yoga (45min) Youth Room	LES MILLS Body Balance (45 min) Level 1 Program Room			
				Aqua Resistance (45min) Warm Water Pool			



Wulanda Group Fitness Classes

Class Guide for Members

Our group training and classes are suited to all levels of ability & fitness. Variations can be provided, and you are encouraged to go at your own pace. Our fitness professional team will guide you through each session so that you will both enjoy and experience the benefits of exercise. All classes include a warm-up and cool down with the majority of the classes being 45-minute sessions unless stated otherwise.

GYM FLOOR PROGRAMS

Active Adults	Our programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements.
Cardio HIIT - SGT	Raise your heart rate through high rep and low weight interval programs lead by one of our trainers.
Resistance - SGT	Engage and use your muscles and own body weight with lower reps for an all over body workout.
Speed - SGT	A faster paced version of Cardio for those wanting a little more challenge.
Strength - SGT	Focus on making you stronger. Weight based programs using free weights and machines.
Teen - SGT	Teen Small Group Classes are designed to take the guesswork out of fitness. Learn the techniques you need to build strength safely, build unstoppable confidence, and set yourself up for a lifetime of success. Fast-track your progress in a fun, supportive group environment!
Teen Gym	A dedicated session for our Teen Gym Members to train with support and guidance from a trainer.

AQUATIC FITNESS PROGRAMS

Aqua Aerobics	Aqua aerobics is a cardiovascular workout, that slowly increases intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower workout.
Aqua Combat	Aqua Combat combines boxing-inspired moves with the resistance of water to create a high-intensity workout that boosts cardiovascular fitness.
Aqua Deep	Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout without the stress on your joints.
Aqua HIIT	Aqua HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest.
Aqua Resistance HIIT	A high energy water workout combining resistance equipment and short, intense intervals to boost strength, cardio fitness, and calorie burn while being easy on the joints. Perfect for all fitness levels with options to work at your own intensity.

Wulanda Group Fitness Classes

Class Guide for Members

GROUP FITNESS PROGRAMS

Mat Pilates	A low-impact workout performed on the floor using controlled movements to build strength, improve flexibility, and enhance overall body alignment.
Freestyle	An instructor-designed workout that changes each session, allowing movements and intensity to be tailored to the group. It blends cardio, strength, and functional training for a varied, engaging experience.
Yoga	An holistic experience for the body and mind. Designed to help increase strength and flexibility, reduce stress and promote overall wellness.
<i>LES MILLS</i> Body Pump	The original barbell class that strengthens and tones your entire body. Using light to moderate weight with high repetition, this training challenges small and large muscle groups while being motivated by modern and inspiring music.
<i>LES MILLS</i> Body Step	Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combined with movements like push-ups and weight plate exercises, the result is a fun and uplifting full-body workout!
<i>LES MILLS</i> Body Balance	A beautiful blend of Yoga, Tai Chi and Pilates shaped to strengthen your body and free your mind. Flow, hold, stretch, strengthen and breathe. This workout leaves you feeling serene and strong.
Mindful Movement	A slow class designed for those new to group fitness or exercises, with the same program for numerous weeks allowing members to work on exercises and understand correct form.
Power Circuit	Circuit Training at its best! Combining strength, speed and cardio. Move around the stations for a workout with variety and challenge.
Core And More	A dynamic fitness class that focuses on full body strength and conditioning, which will tone tummy, hips, thighs. The class involves bodyweight exercises, and functional equipment
Spin	Hop on the spin bike for a small Instructor lead Cardio workout! BURN up to 800 calories per class!
HIIT	HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest.
Express Cardio	An express, high-energy 30 min workout designed to quickly boost heart rate, burn calories, and improve cardiovascular fitness.
Meditation	More than just a guided MEDITATION, a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.