SPECIALISED

5AM CLUB / 5PM CLUB
Your no-nonsense, get-it-done crew. Strength, conditioning, and smart programming that actually works.

AF STRENGTH
Full-body strength that hits just right.Big lifts, spicy reps, structured programming.

AGELESS
For the movers who refuse to slow down. Balance, strength, coordination — all the good stuff.

BARRE
A lil' Pilates, a lil' cardio. Low impact, high payoff. Expect length, strength, and a lil' burn.

BOOTCAMP
Functional, sweaty, loud, fun. Classic bootcamp energy with zero intimidation.

FIT TO BE
Self-paced and super doable. A friendly circuit for anyone wanting to get fit.

FOREVER FIT
For the legends who love to move. Low impact, high energy, feel-good fitness that keeps you strong, steady, and smiling.

LIFT NEW
Learn the basics without the ego. Technique first, confidence second, strength naturally follows.

MUMS AND BUBS NEW
A super welcoming, go-at-your-pace class for mums easing back into movement. From pregnancy to crawling.

SCULPT NEW
Barre, Mat Pilates and Stretch — all rolled into one "I want everything, but I only have 45 minutes" kind of class. Sculpt, lengthen, strengthen, and unwind. Maximum payoff, minimum time.

STRETCH NEW
Stretch, move, release, unlock. Your body's maintenance session so you can train harder and recover quicker.

PILATES
Slow, controlled, and oh-so-spicy. Core, hips, back and all the bits that make you move better. Your posture will love you for it.

RAPID FIT
A punchy mix of strength, cardio, and bodyweight to get you in and out feeling accomplished.

STRENGTH AND CONDITIONING
Lift things, move fast, feel powerful. Performance-focused but totally beginner-friendly. Strong body, strong lungs, strong you.

THE BUNKER

TEAM
Intervals, ergs, teamwork and a little healthy competition. Sweat with your mates and leave feeling like a legend.

SWEAT
A solo date with Concept 2 machines. Track it, pure effort, your pace.

HYBRID
The best of both worlds: a little Bootcamp and a little Bunker. Functional toys, ergs, sweaty intervals, and that "heck yeah, I did that" feeling.

YOGA

JAPANESE KI YOGA
Gentle, stretchy, grounding. Meridian magic, breathwork, and a big dose of calm for your nervous system.

KI YOGA FLOW
Seasonal flows that roll with the energy of nature. Slow, intentional, and seriously soothing.

YIN YOGA
Deep stretches, long holds, big exhale energy. Melt into the mat and let your body reset.

YOGA
A tidy mix of yoga styles blended into one feel-good session. Stretch, strengthen, breathe, chill.

YOGA FLOW
Breath-led movement that just... flows. Strength, mobility, and a little moving meditation moment.

LesMILLS

BODYBALANCE™
A yoga-based workout incorporating Pilates and tai chi. Improve flexibility, strength, and inner calm.

BODYCOMBAT™
Non-contact martial arts training. Punch, kick, and energise your body while burning calories and building fitness.

BODYPUMP
Barbell and weight plate training to tone, strengthen, and improve muscular endurance. High reps maximise calorie burn and boost bone health.

BODYSTEP™
Cardio with step-based movements that tone legs and glutes. Energetic and adaptable for all fitness levels.

CORE™
Focused core training using resistance bands, weights, and bodyweight exercises. Strengthen stability, endurance, and performance.

SHAPES™
An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

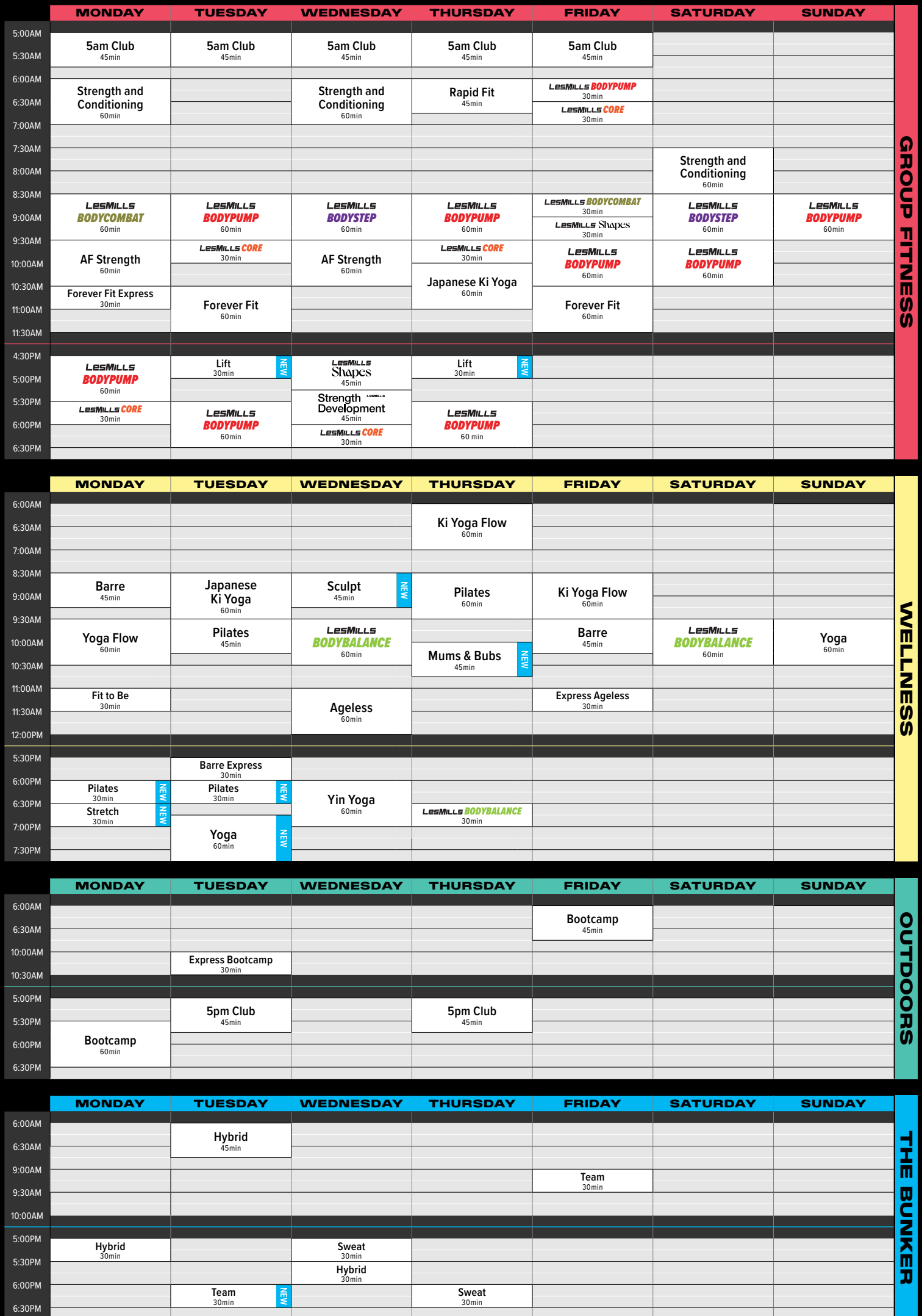
STRENGTH DEVELOPMENT™
A 12-week progressive strength program. Each session focuses on a specific protocol—from foundational strength to hypertrophy and pure strength. Distinct from standard barbell classes.

AFHQ

SUMMER TIMETABLE 2025

(02) 4390 6333
activefitnesshq.com.au
livewell@activefitnesshq.com.au
activefitnesshq

For more information or to view the timetable online scan the QR code.


GROUP FITNESS
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
5:00AM
5:30AM
6:00AM
6:30AM
7:00AM
7:30AM
8:00AM
8:30AM
9:00AM
9:30AM
10:00AM
10:30AM
11:00AM
11:30AM
4:30PM
5:00PM
5:30PM
6:00PM
6:30PM
5am Club 45min
5am Club 45min
5am Club 45min
5am Club 45min
5am Club 45min
Strength and Conditioning 60min
Strength and Conditioning 60min
Rapid Fit 45min
LesMills BODYPUMP 30min
LesMills CORE 30min
Strength and Conditioning 60min
LesMills BODYCOMBAT 60min
LesMills BODYPUMP 60min
LesMills BODYSTEP 60min
LesMills BODYPUMP 60min
LesMills BODYCOMBAT 30min
LesMills Shapes 30min
LesMills BODYSTEP 60min
LesMills BODYPUMP 60min
AF Strength 60min
LesMills CORE 30min
AF Strength 60min
LesMills CORE 30min
Japanese Ki Yoga 60min
LesMills BODYPUMP 60min
LesMills BODYPUMP 60min
Forever Fit Express 30min
Forever Fit 60min
Forever Fit 60min
LesMills BODYPUMP 60min
LesMills CORE 30min
Lift 30min NEW
LesMills BODYPUMP 60min
LesMills Shapes 45min
Strength Development 45min
LesMills CORE 30min
Lift 30min NEW
LesMills BODYPUMP 60 min
WELLNESS
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
6:00AM
6:30AM
7:00AM
8:30AM
9:00AM
9:30AM
10:00AM
10:30AM
11:00AM
11:30AM
12:00PM
5:30PM
6:00PM
6:30PM
7:00PM
7:30PM
Ki Yoga Flow 60min
Barre 45min
Japanese Ki Yoga 60min
Sculpt 45min NEW
Pilates 60min
Ki Yoga Flow 60min
Yoga Flow 60min
Pilates 45min
LesMills BODYBALANCE 60min
Mums & Bubs 45min NEW
Barre 45min
LesMills BODYBALANCE 60min
Yoga 60min
Fit to Be 30min
Ageless 60min
Express Ageless 30min
Barre Express 30min
Pilates 30min NEW
Stretch 30min NEW
Pilates 30min NEW
Yoga 60min NEW
Yin Yoga 60min
LesMills BODYBALANCE 30min
OUTDOORS
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
6:00AM
6:30AM
10:00AM
10:30AM
5:00PM
5:30PM
6:00PM
6:30PM
Bootcamp 45min
Express Bootcamp 30min
5pm Club 45min
5pm Club 45min
Bootcamp 60min
THE BUNKER
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
6:00AM
6:30AM
9:00AM
9:30AM
10:00AM
5:00PM
5:30PM
6:00PM
6:30PM
Hybrid 45min
Team 30min
Hybrid 30min
Sweat 30min
Hybrid 30min
Team 30min NEW
Sweat 30min