



Boroondara Leisure and Aquatic Facilities

PAA 2019 Programming

The following is a summary of inclusions and exclusions of activities available as part of your PAA offer:

Horsham Activities	
Activity	Description
Group Fitness Classes	See Program Schedule on next page for classes and times included as part of our Active April programming
Health Club	Access to Health Club (only available for 18+)
Stadium	Casual access to our stadiums for Basketball. Excludes Boroondara Sports Complex
Swimming	Access to pools

Active April 2019 BLAF Programming Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boroondara Sports Complex							
6am					Adrenaline		
6:15am	Circuit			Body Pump	Circuit		
8am			Deep Water Running				
9:30am					Fitness Walk		
10:15am		Core & More		QiGong Tai Chi			
11:30am					Super Seniors		
5pm						Body Pump	
5:30pm	OnBeat Circuit	Functional Core					
6:30pm	Body Pump		Core & More				
7:30pm	Body Balance		Hatha Yoga	Circuit			
Kew Recreation Centre							
6.05am		Running Group		Running Group			
6.15am	Body Pump Express				Body Pump Express		
9.30am						Body Attack	
9.40am			Cycle				
11.30am		Zumba				Body Balance	
12.30pm					Zumba		
2.15pm			Community Aqua				
3.00pm	Chairobics						
5.30pm							Body Attack
6.15pm							Aqua
6.30pm				Total Tone			
7.15pm			Aqua				
7.45pm	Tai Chi Qi Gong		Pilates				
8.30pm				Body Balance Express			
Ashburton Pool & Recreation Centre							
6.15am		Body Step			Functional Training		
6.15am					Adrenaline		
9.15am	Circuit	Boxing Circuit	Body Step			Boxing Circuit	
10am			Yoga				
1030am					Strength & Balance		
10.45am					Barre		
11.15am			Tone 30min				
11.30am		Zumba Gold					Body Balance
12noon			Active Movers		Fit & Fab		
12.30am			Body Balance				
1.45pm				Pilates			
2pm	Gentle Water						
2.30pm	Tai Chi		Tai Chi				
3pm				Aqua Movers			
4.30pm	Body Pump					Body Step	
5pm						CXWORX	Yin Yoga
5.30pm	Body Step		Vinyasa Flow	Body Step			
5.30pm			Body Pump	Youth Circuit			
6pm		Barre		CXWORX	Shbam		
6.30pm	Body Attack			Adrenaline	Aqua		
7.15pm				Tai Chi			
7.30pm		Zumba	Body Combat				
Hawthorn Aquatic & Leisure Centre							
6.15am				Grit			
7.00am					Adrenaline		
8.30am	DW Aqua Aerobics						
9.00am				Pryme Circuit			
9.30am		Body Art	Groove				Body Pump
10.45am	Boxing express					Zumba	
10.50am		Zumba					
12.00pm		Pryme Strength			Tai Chi		
12.30pm	Body Pump				Pilates		
2.00pm				Aqua Aerobics			
4.30pm						Body Balance	
5.30pm			Boxing				
6.00pm	Body Balance		Cycle	Yoga			
6.30pm		Body Attack					

PREMIERS ACTIVE APRIL PROGRAMMING SCHEDULE



Please refer to the full group programming schedule for class locations.