

GROUP EXERCISE

OCT-DEC 2024

BOOK YOUR CLASS

For safety reasons, you will not be able to enter class 5 minutes after start time.
Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

Most classes are 45 minutes. Express class is 30 minutes. *Class is 55 minutes. Classes are subject to change.



CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Cycle Beats		Cycle Beats			
8.30am						Cycle Beats	
9am	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle		Cycle Beats
12.30pm	Virtual Cycle	Virtual Cycle		Virtual Cycle			
5.30pm	Power Cycle	Cycle Beats		Cycle Beats			

AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Loaded*	Pilates*	Loaded		Punch		
7am		Core Yoga (express)					
7.30am	Flexibility	Zumba	Flexibility	Loaded	Flexibility		
8am							Yoga*
8.30am						Loaded	
9am							
9.30am	Pilates	Cardio Tone	Rhythm	Loaded	Body Dynamics	Activ	
10am							Loaded
10.30am	Flexibility	Flexibility	Flexibility	Flexibility	Aero Mix	Box Fit	
11am							
11.30am	Rhythm						
12.30pm			Pilates		Loaded		
3.30pm							
4.30pm		Pilates			Yoga		Loaded
5.30pm	Loaded	Yoga	Loaded	Abs & Rockbottom*	Zumba		Body Dynamics
6.30pm		Zumba	Absolution	Zumba			
7pm			HIIT 50*				

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am			Circuit			
8.30am				Active Living		
9am	CrossBody	Active Living	CrossBody		CrossBody	HIIT
10am	Active Living		Active Living		Active Living	
11am	Active Living		Active Living		Active Living	
12.30pm	Circuit		Circuit			
2pm	Healthy Hearts		Healthy Hearts		Healthy Hearts	

- Cardio
- Weights
- Mind & Body
- Toning
- Dance
- Virtual Class
- Medical approval required

NUTRITION WORKSHOPS

The Healthy Eating Clinic presents monthly nutrition workshops at the Canberra Southern Cross Club Woden. Attendance is free for Stellar Canberra Members. *Registration is essential.*

SCAN TO REGISTER FOR WORKSHOPS

<p>How to Build a Healthy Habit That Sticks 7.30pm Monday 7 Oct</p>	<p>Nutrition For Menopause 7.30pm Monday 4 Nov</p>	<p>How to Manage Emotional Eating 7.30pm Monday 9 Dec</p>
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