LiveWell Members and Strength for Life

Commencing
23 November 2026

Aqua Aerobics

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
7am	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *		7am
8am	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *		8am
8.30am						New Deep Water Aqua	8.30am
9am	Aqua Movers	Aqua Fit		Aqua Fit	Aqua Fit		9am
9.15am			New Deep Water Aqua				9.15am
10am	Aqua	Aqua *		Aqua	Aqua		10am

Group Fitness

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
6am	Yoga		Yoga				6am
7am					Functional Power *		7am
7.10am						Bootcamp *	7.10am
8am	Functional Core *	Functional Strength *	Cardio Sculpt *	Core Flow	Core Flow		8am
11am		Fitball Sculpt					11am
11.10am			Intermediate Pilates *				11.10am
11.30am	Cardio Sculpt *			Club Fiesta *			11.30am
12pm		New Core Flow	Pilates		Gentle Flow		12pm
12.30pm	Healthy Heart			New Strong Heart			12.30pm
1.10pm		Intermediate Pilates					1.10pm
4pm				Boxing *			4pm

Cycle Studio

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
10.30am			Spin #					10.30am
11am		Spin #						11am

Strength for Life

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
11am	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life	11am

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

rockingham.wa.gov.au

Aqua Jetty
City of Rockingham

Warnbro Community Recreation Centre, Okehampton Road, Warnbro

Group Fitness

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
7.30am			Flow Yoga					7.30am
8.30am	LesMills BODYBALANCE			Power *	Circuit #			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing #		LesMills BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga	ZUMBA gold		9.30am
10am		Flow Yoga	LesMills BODYBALANCE *					10am
10.30am	New Yoga Flow with props					Yoga		10.30am
5pm	LesMills BODYBALANCE		5.30PM START					5pm
5.15pm		Intermediate Pilates	Energize *	Circuit *				5.15pm
6pm	Club Power			New Yin Yoga				6pm
6.15pm			LesMills BODYBALANCE					6.15pm
7pm	Pilates							7pm

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.