



GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM	LES MILLS ^{express} BODYPUMP	LES MILLS GRIT	SPIN	LES MILLS ^{express} BODYPUMP	SPIN		
6.45 AM	LES MILLS CXWORX			LES MILLS CXWORX			
8.00 AM	LLLS STRENGTH	LLLS CIRCUIT	LLLS SPIN	LLLS STRETCH	LLLS EQUILIBRIUM		
8.15 AM						LES MILLS RPM	LES MILLS BODYATTACK
9.00 AM		LLLS STRETCH		LES MILLS BODYBALANCE		LES MILLS BODYSTEP ATHLETIC	LES MILLS GRIT
9.15 AM					LES MILLS BODYSTEP ATHLETIC		
9.30 AM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP			LES MILLS RPM
10.00 AM					LES MILLS CXWORX	LES MILLS BODYPUMP	
10.30 AM							LES MILLS CXWORX
10.40 AM	LES MILLS BODYBALANCE	BOXING CIRCUIT	LES MILLS BODYBALANCE	LES MILLS CXWORX	LES MILLS BODYBALANCE		
11.00 AM						LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
5.30 PM	METAFIT	LES MILLS BODYATTACK			LES MILLS GRIT		
6.00 PM	LES MILLS BODYSTEP ATHLETIC		LES MILLS BODYPUMP	LES MILLS BODYBALANCE	BOXING CIRCUIT		
6.15 PM		LES MILLS RPM					
6.45 PM			LES MILLS CXWORX				
7.00 PM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		LES MILLS BODYATTACK			
7.15 PM			LES MILLS BODYSTEP ATHLETIC				
8.00 PM	LES MILLS ⁴⁵ BODYBALANCE						

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.00 AM							AQUA AEROBICS
9.15 AM	LLLS AQUA AEROBICS		LLLS AQUA AEROBICS		LLLS AQUA AEROBICS		
7.00 PM	AQUA AEROBICS						
7.30 PM			AQUA AEROBICS				

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	TIME	CLASS
AUSTRALIA DAY	MONDAY 28 TH JANUARY	11.00 AM - 5.00PM	11.15AM BODY PUMP
LABOUR DAY	MONDAY 11 TH MARCH	11.00 AM - 5.00PM	11.15AM BODY PUMP


 UP TO **3** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET A TICKET


 UP TO **5** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET IN

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

CLASS DESCRIPTIONS

AQUA AEROBICS	AQUA AEROBICS will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
LES MILLS BODYATTACK	BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor (55mins / 45mins).
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
LES MILLS BODYSTEP ATHLETIC	BODYSTEP is the energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning system into high gear followed by muscle conditioning tracks that shape and tone your body (55mins / 45mins).
LES MILLS BODYPUMP	BODYPUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
LES MILLS RPM	RPM is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team and coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your inner athlete (45mins).
LES MILLS CXWORX	CXWORX is the ultimate 30 minute workout to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, and "slings" connecting the upper and lower body CXWORX will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level (30mins).
LES MILLS GRIT	GRIT is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weight-lifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power (30mins).
METAFIT	METAFIT is a 30 minute high-intensity workout which includes a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.
LLLS LIVING LONGER, LIVING STRONGER.	LLLS classes are endorsed by Council on the Ageing (COTA). The program provides participants with all the benefits of getting active, and step by step instruction on exercises and equipment. LLLS Strength is a full body workout using weights and own body weight to increase strength and maintain muscle. LLLS Circuit is a cardio and strength class where participants move from one exercise to the next. LLLS Stretch class incorporates Yoga, Pilates, Tai Chi to improve balance, strength and flexibility. LLLS Equilibrium is a low impact class primarily focused around floor exercises to improve mobility and posture (55mins). LLLS Aqua will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
BOXING CIRCUIT	BOXING CIRCUIT is an overall cardio and strength training workout which will improve your endurance, coordination and stamina. Great for developing core strength with boxing techniques and drills (45mins).
SPIN	SPIN is similar to Les Mills RPM, however our instructors have created their own playlist of songs and choreography to give you even more variety (45mins).

GROUP FITNESS TIMETABLE

JAN - MAR 2019



OPENING HOURS

MON - THU	6.00AM - 9.00PM
FRIDAY	6.00AM - 8.00PM
SAT - SUN	8.00AM - 6.00PM
PUBLIC HOLIDAYS	11.00AM - 5.00PM