


GROUP FITNESS TIMETABLE


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

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
GOOD FRIDAY	FRIDAY 19 TH APRIL	CLOSED	NO CLASSES	
EASTER SATURDAY	SATURDAY 20 TH APRIL	11.00 AM - 5.00PM	11.15AM	BODY PUMP
EASTER SUNDAY	SUNDAY 21 ST APRIL	11.00 AM - 5.00PM	11.15AM	BODY ATTACK
EASTER MONDAY	MONDAY 22 ND APRIL	11.00 AM - 5.00PM	11.15AM	BODY PUMP
ANZAC DAY	THURSDAY 25 TH APRIL	11.00 AM - 5.00PM	11.15AM	RPM

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

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				

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	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.
LLS LIVING LONGER, LIVING STRONGER.	LLS 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. LLS Strength is a full body workout using weights and own body weight to increase strength and maintain muscle. LLS Circuit is a cardio and strength class where participants move from one exercise to the next. LLS Stretch class incorporates Yoga, Pilates, Tai Chi to improve balance, strength and flexibility. LLS Equilibrium is a low impact class primarily focused around floor exercises to improve mobility and posture (55mins). LLS 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

APR - JUN 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