


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 RPM | 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 EXPRESS | | |
| 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 | | | | | | |


| 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 | OPENING HOURS | CLASS TIME | CLASS |
| GRAND FINAL PH | FRIDAY 27 TH SEPTEMBER | 11.00 AM - 5.00PM | 11.15AM | BODY BALANCE |

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



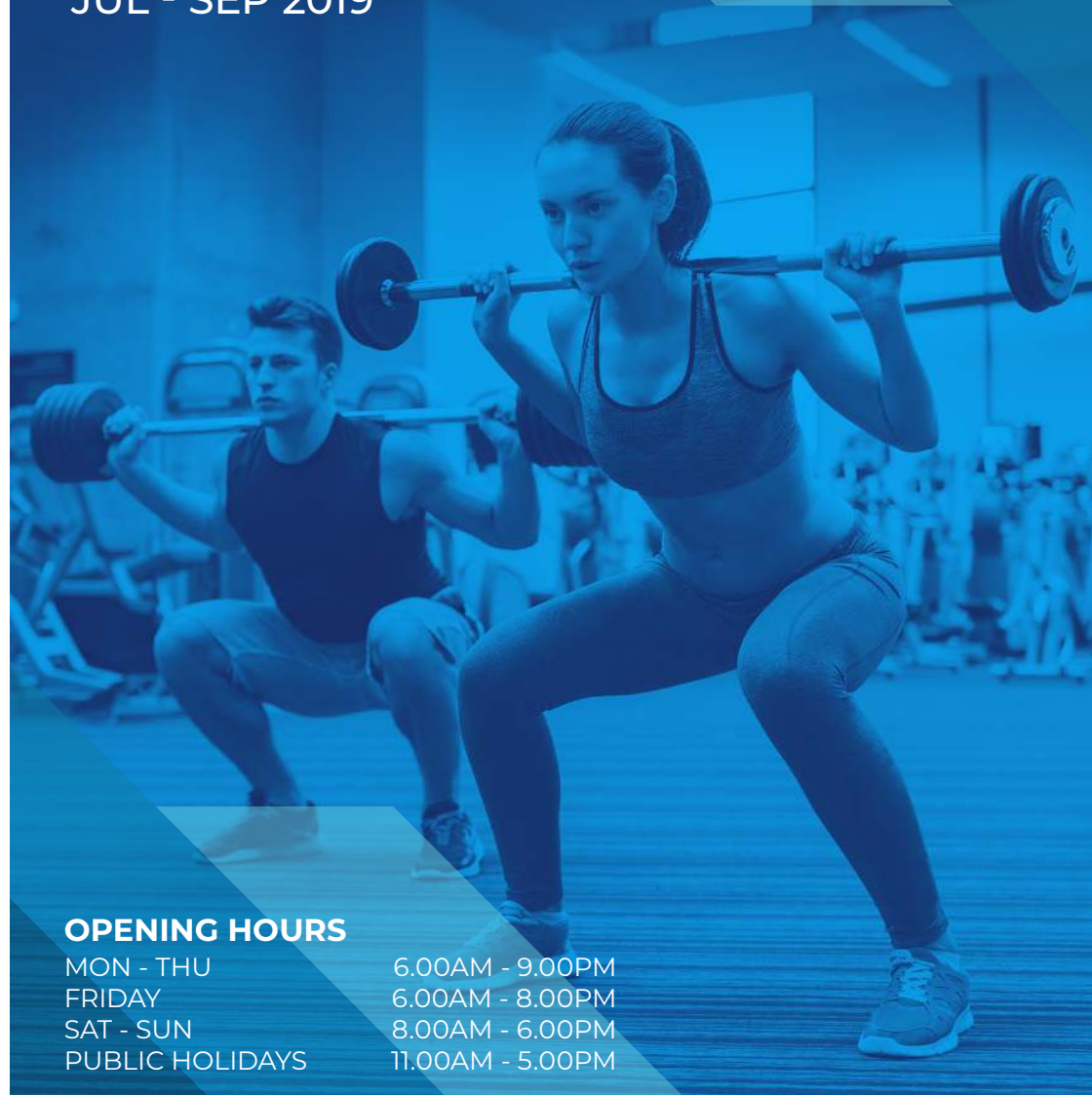
ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

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 | 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 a 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). |
| BOXING EXPRESS | 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 (30mins). |
| 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

JUL - SEP 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 |