

GROUP FITNESS TIMETABLE

MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.15 AM	LES MILLS BODYPUMP express	LES MILLS GRIT	SPIN FX30	LES MILLS BODYPUMP express	LES MILLS RPM FX30		
6.45 AM	LES MILLS CXWORX			LES MILLS CXWORX			
7.30 AM	FIT & FABULOUS STRENGTH						
8.00 AM		FIT & FABULOUS CIRCUIT	FIT & FABULOUS SPIN	FIT & FABULOUS STRETCH	FIT & FABULOUS EQUILIBRIUM		
8.15 AM	FIT & FABULOUS STRENGTH					LES MILLS RPM FX30	LES MILLS BODYATTACK
9.00 AM		FIT & FABULOUS STRETCH		YOGA express		LES MILLS BODYSTEP	LES MILLS GRIT
9.15 AM					LES MILLS BODYSTEP		
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	FX30	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYBALANCE		
11.00 AM						LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
5.30 PM		LES MILLS BODYATTACK					
6.00 PM			LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
6.15 PM	FX30	LES MILLS RPM			FX30		
6.45 PM			LES MILLS CXWORX				
7.00 PM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		LES MILLS BODYATTACK			
7.15 PM			LES MILLS GRIT				
8.00 PM	LES MILLS BODYBALANCE						

POOL

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

UPCOMING PUBLIC HOLIDAYS

DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 TH JANUARY	11.00 AM - 5.00PM	11.15AM	BODY PUMP
LABOR DAY	MONDAY 9 TH MARCH	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).
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
SILVER SNEAKERS	The program provides participants with all the benefits of getting active, and step by step instruction on exercises and equipment. SS Strength is a full body workout using weights and own body weight to increase strength and maintain muscle. SS Circuit is a cardio and strength class where participants move from one exercise to the next. SS Stretch class incorporates Yoga, Pilates, Tai Chi to improve balance, strength and flexibility. SS Equilibrium is a low impact class primarily focused around floor exercises to improve mobility and posture (55mins). SS 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 EXPRESS	BOXING EXPRESS 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).
YOGA	Combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
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 2020

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