


GROUP FITNESS TIMETABLE


MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM					LES MILLS RPM		
6.00 AM	SPRINT	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS CXWORX		
8.15 AM						LES MILLS BODYSTEP	
8.30 AM					LES MILLS RPM	CYCLE	
8.55 AM	LES MILLS CXWORX					LES MILLS BODYCOMBAT	
9.30 AM	LES MILLS BODYPUMP	FIT & FABULOUS	LES MILLS BODYATTACK	LES MILLS GRIT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.00 AM				LES MILLS BODYBALANCE			
10.30 AM	LES MILLS BODYBALANCE LES MILLS RPM		LES MILLS BODYPUMP		BOXING	LES MILLS BODYBALANCE	YOGA
11.00 AM	SILVER SNEAKERS	SILVER SNEAKERS SENIOR MOVEMENT TO MUSIC		SILVER SNEAKERS	SILVER SNEAKERS		
12.15 PM			LES MILLS BODYBALANCE				
4.25 PM		LES MILLS BODYBALANCE			LES MILLS BODYBALANCE		
4.55 PM		LES MILLS CXWORX			LES MILLS CXWORX		
5.25 PM	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT		
5.45 PM	LES MILLS RPM		SPRINT	LES MILLS RPM			
6.30 PM	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
7.35 PM	SH-BAM	YOGA	LES MILLS BODYBALANCE				

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 TH JANUARY	10.00 AM - 4.00PM	10.15 AM 10.30 AM 11.15 AM	BODY PUMP AQUA AEROBICS BODY BALANCE
LABOR DAY	MONDAY 2 ND MARCH	10.00 AM - 4.00PM	10.15 AM 10.30 AM 11.15 AM	BODY PUMP AQUA AEROBICS BODY BALANCE

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		ENERGISE		ENERGISE			
8.00 AM						AQUA AEROBICS	
9.10 AM	AQUA AEROBICS		DEEP WATER	AQUA AEROBICS			DEEP WATER
10.00 AM	AQUA FOR ALL	AQUA FOR ALL		AQUA FOR ALL			
6.00 PM	AQUA ENERGISE		AQUA AEROBICS				
6.30 PM		DEEP WATER					

GYM FLOOR							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		FX30		FX30			
7.30 AM						FX30	
5.25 PM	FX30		FX30				


 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. (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. (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. 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.
LES MILLS BODYCOMBAT	BODY COMBAT is inspired by martial arts disciplines from karate and boxing to tae-kwon-do, tai chi and Muay Thai, your session gets you feeling empowered – striking, punching and kicking your way to better fitness. (55mins/45 mins)
SPRINT	A high intensity, low impact workout, scientifically proven to return rapid results. The 30 minutes workout combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next round.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
BOXING	A full body workout seeing your fitness levels soar through self defence and coordination drills. Boxing is perfect for weight loss and increased hand-eye coordination. Release the stress of your day on a boxing bag!
CYCLE	One of the most liberating workouts, cycle is known to give you the ultimate rush as you pick up speed and tackle the terrain. Get ready to strap in, set your resistance and start peddling.
SILVER SNEAKERS	Challenging overall fitness class specifically designed for seniors or de-conditioned participants.
SENIOR MOVEMENT TO MUSIC	A low- intensity dance class specifically for seniors to all your favourite hits.
YOGA	Combination of gentle movement and poses that will help develop flexibility, range of movement & create balance between your body and mind. Suitable for the elderly participant.
SH-BAM	The ultimate addictive dance workout. No experience required, just a playful attitude and eagerness to have fun!

GROUP FITNESS TIMETABLE

JAN - MAR 2020

OPENING HOURS

MON - THU	5.30AM - 9.00PM
FRIDAY	5.30AM - 8.00PM
SAT - SUN	7.00AM - 5.00PM
PUBLIC HOLIDAYS	10.00AM - 4.00PM