



# CLASS TIMETABLE

Effective: 3rd of October 2017

## STAFFED HOURS

Monday - Thursday: 8:00am - 7:30pm

Friday: 8:00am - 2:00pm

Saturday: 8:00am - 12:00pm

Sunday & Public Holidays Unstaffed

### MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODY PUMP	BODY ATTACK	BODY PUMP	BODY ATTACK	BODY PUMP		
8:00am						BODY PUMP	
8:15am	ACTIVE ADULTS		ACTIVE ADULTS		ACTIVE ADULTS		
9:00am	CX WORX	FIT 30	BODY STEP	CX WORX	FIT 30	BODY ATTACK	BODY PUMP
9:30am	BODY STEP	BODY PUMP		BODY PUMP	BODY ATTACK		
10:00am						CX WORX	
10:30am						BODY JAM	
10:45am		ACTIVE ADULTS		ACTIVE ADULTS			
12:10pm		CX WORX					
5:30pm	BODY ATTACK	BODY COMBAT		BODY PUMP			
6:00pm			FIT 30				
6:30pm	BODY PUMP	BODY ATTACK	BODY PUMP	BODY JAM			
7:30pm	BOXING	BODY PUMP		BOXING			

Duration: All classes are 60-mins, except Fit 30 & CX Worx (30-mins).

### CYCLE STUDIO

6:00am		RPM	RPM	RPM			
8:00am						RPM	
9:00am		SPIN 30		SPIN 30			RPM High Performance
9:15am	RPM		RPM		RPM		
6:00pm	RPM	RPM	RPM	RPM			

Duration: All classes are 45-mins, except Spin 30 (30-mins) & High Performance (60-mins).

### MIND & BODY STUDIO

8:00am						KIDS FIT	
9:00am						PILATES	
9:15am	BODY BALANCE	PILATES	BODY BALANCE	YOGA	BODY BALANCE		
10:15am						YOGA	BODY BALANCE
6:00pm	PILATES	YOGA	PILATES	PILATES			
7:00pm	YOGA	BODY BALANCE	YOGA	BODY BALANCE			

Duration: All classes are 60-mins.

# HIIT

A high-intensity 30-minute full-body personal training circuit designed to take your fitness to the next level!  
Unlimited access is \$15 per week.

6:30am Tuesday  
Thursday

9:00am Saturday

12:10pm Monday

6:30pm Monday  
Tuesday  
Wednesday

# CLASS GUIDE



= Best results



= Good results



FITNESS



STRENGTH & TONE



WEIGHT LOSS



WELLNESS

## ACTIVE ADULTS

A 50's+ class with low impact and weight bearing exercises, suitable for males and females of any fitness level and for rehabilitation. Develops stronger bones and muscles. Some sessions will take place on the gym floor.



## BODY ATTACK

A sports-inspired cardio workout. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. It is the perfect class if you want to build speed, endurance, stamina and overall fitness.



## BODY BALANCE

A combination of Yoga, Tai Chi and Pilates. This non / low impact class builds flexibility and strength and leaves you feeling centred and calm.



## BODY COMBAT

A high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai and Kung Fu. Release stress, have a blast and feel like a champ.



## BODY JAM

A dance based cardio workout. An addictive fusion of latest dance styles and hot new sounds with as much emphasis on having fun as breaking a sweat!



## BODY PUMP

Get lean, build strength and tone muscle with this non-impact group-based barbell class. Designed to work all of your major muscle groups.



## BODY STEP

A full-body cardio and muscle conditioning step-based group class. Designed to increase your fitness and tone your butt and legs.



## BOXING

Boxing is one of the most effective cardio and strength endurance workouts you can imagine. This fun class is sure to get results - fast!



## CX WORX

A short, sharp workout based on cutting-edge scientific research to strengthen and tone all the muscle groups in your core. Take your functional training to the next level and prevent injury by training your abs, glutes, back and obliques effectively.



## FIT 30

A 30-minute high-intensity group training circuit class run by a personal trainer, designed to raise your heart rate and burn calories!



## PILATES

Develop core strength, flexibility and awareness with our mat-based pilates exercises. Non-impact and a low to medium intensity.



## RPM

A non-impact, 45-minute cycling workout. Take on the terrain with your inspiring coach who will lead the pack through hills, flats, mountain peaks, time trials, and interval training.



## SPIN 30

A freestyle, 30-minute cycling workout where the instructor will take you through high-intensity interval sprints to get your heart racing!



## YOGA

Experience new energy and calmness in mind and body! A non impact class great for strength, flexibility and relaxation. Our yoga instructors teach in various styles.

