



GROUP FITNESS TIMETABLE

Effective: 11th of February 2019

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 60 mins	BODY ATTACK 60 mins	BODY PUMP 60 mins	PWR 45 45 mins	BODY PUMP 60 mins		
7:00am						PWR 45 45 mins	
8:00am						BODY PUMP 60 mins	
8:10am	ACTIVE ADULTS 40 mins		ACTIVE ADULTS 40 mins		ACTIVE ADULTS 40 mins		
9:00am	CX WORX 30 mins	FIT 30 30 mins	BODY COMBAT 60 mins	CX WORX 30 mins	FIT 30 30 mins	BODY ATTACK 60 mins	BODY PUMP 60 mins
9:30am	BODY STEP 60 mins	BODY PUMP 60 mins		BODY PUMP 60 mins	BODY ATTACK 60 mins		
10:00am						BODY JAM 60 mins	
10:45am		ACTIVE ADULTS 40 mins		ACTIVE ADULTS 40 mins			
5:30pm	BOOTY & ABS 30 mins		PWR 45 45 mins	BOOTY & ABS 30 mins			
6:00pm	BODY ATTACK 60 mins	BODY PUMP 60 mins		BODY PUMP 60 mins			
6:30pm			CX WORX 30 mins				
7:00pm	BODY PUMP 60 mins	BODY JAM 60 mins	BODY PUMP 60 mins	BOX FIT 60 mins			

CYCLE STUDIO

6:00am		RPM 45 mins		RPM 45 mins			
8:00am						RPM 45 mins	
9:00am		WEXER 45 mins		WEXER 45 mins			RPM HP 60 mins
9:15am	RPM 45 mins		RPM 45 mins		RPM 45 mins		
6:00pm	SPIN 30 30 mins	RPM 45 mins	RPM 45 mins	SPIN 30 30 mins			

MIND & BODY

8:00am						KIDS FIT 60 mins	
9:00am						PILATES 60 mins	
9:15am	BODY BALANCE 60 mins	PILATES 60 mins	BODY BALANCE 60 mins	YOGA 60 mins	BODY BALANCE 60 mins		
10:15am						YOGA 60 mins	BODY BALANCE 60 mins
6:00pm	PILATES 60 mins	YOGA 60 mins	PILATES 60 mins	BODY BALANCE 60 mins			
7:00pm	YOGA 60 mins	BODY BALANCE 60 mins					



CLASS GUIDE

✓✓ = Best results

✓ = Good results



FITNESS



STRENGTH & TONE



WEIGHT LOSS



WELLNESS

ACTIVE ADULTS

A 60'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. This class is limited at 20 attendees per class, so please attend early to reserve a spot.



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.



BOOTY & ABS

A 30-minute class that's designed to tone your butt and abs. A Personal Trainer will take you through an array of exercises to activate and tone a perfect peach and six pack.



CX WORXS

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 body weight circuit class run by a Personal Trainer, designed to raise your heart rate and burn calories!



PWR 45

A 45-minute circuit class run by a Personal Trainer, that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency.



KIDS FIT

A complimentary class for members' children aged between 5 and 12. A Personal Trainer will take your children through some fun games and workouts whilst you enjoy your workout.



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.

