

BLITZ - This 40 minute circuit program will fire you up! It's you against the clock as you move through stations that challenge your strength, stamina and cardiovascular system. If you're short on time and need a total body workout, this is for you!

BODYATTACK - This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Build speed, endurance, stamina, coordination, agility and overall fitness to improve your fitness and lifestyle.

BODYPUMP - The original LES MILLS barbell class will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BOX - Boxing reins supreme as one of the best all-round workouts, incorporating strength, conditioning, coordination and stamina. Plus, it's FUN! Inner gloves and wrist wraps are recommended (available from reception). BOX30 is a 30 minute class.

CORE - Forget sit-ups, this is the ultimate abs class. Your instructor will be focusing on functional core exercises to improve tone, strength and mobility in your abdominal and back muscles. 30 minute class.

H.I.T - High Intensity Training. An intense fitness class utilising a variety of techniques and equipment, involving sports drills and more. The ultimate in body conditioning. H.I.T-30 is a 30 minute class.

MMA FIT - Is a unique and addictive full body workout based on a non contact combative concept. A combination of mixed martial arts moves and fitness drills using mits and kick shield, get ready for muscle burn and an elevated heart rate to build functional strength, speed and endurance.

PILATES - Traditional matwork exercises developed by Joseph Pilates, focusing on body conditioning and postural alignment for strong core and stabilising muscles. All levels.

REVIVE - This class is designed for over 55's to improve overall fitness with an emphasis on cardiovascular fitness, muscle strength, balance and mobility.

SPIN - Bringing the outdoor elements into our indoor cycling studio. Benefits include aerobic fitness, calorie burn, lower body strength and tone. Suitable for all fitness levels! 45 minute class. SPIN XPRESS is 30 minutes.

SUPER CROSS - Where no two workouts are ever the same, this ultimate fitness class incorporates resistance and conditioning drills in structured sets against time.

TABATA - Need a short yet effective workout? Use your body weight and small props to plow through four-minute rounds of 20 seconds work with 10 seconds rest. Scientifically proven to get you results. 30 minute class.

WOD-25 - Work Out of the Day. 25 minutes of intense functional full body exercises incorporating equipment such as Battle Ropes, TRX, Plyometrics and much more. (Restriction of 10 per class)

YOGA - A Yoga class for all levels. Experience flowing and dynamic postures with a focus on breath control, strength, balance and flexibility to condition your body and your mind. Our Yoga teachers are experienced in various styles including Ashtanga, Iyengar, Hatha and Vinyasa Yoga.

STRONG BY ZUMBA - A high energy workout combining body weight, muscle conditioning, cardio and plyometric training moves perfectly synced to the greatest Zumba beats.

YOUR GROUP FITNESS TIMETABLE

GET FIT. STRONG. FAST. FLEXIBLE



OUR FACILITY IS OPEN 24/7!

STAFFED HOURS

Mon - Thurs	6am - 9pm
Friday	6am - 7:30pm
Sat - Sun	8am - 3:30pm
Public Holidays	8am - 3:30pm

CRÉCHE HOURS

Monday - Friday	9am - 12pm
Wednesday Evening	4.30pm - 7.30pm
Saturday	8am - 11.30am

C-LIFE HEALTH CLUB

26 Bridge Road Belmore NSW 2192

Ph: 9704 7712 or 9704 7715

Fax: 9740 7904

www.clifehealth.com.au

healthclub@canterbury.com.au

Follow us



@clifehealthclub



@clife.health

YOUR GROUP FITNESS TIMETABLE

Studio 1 (Upstairs)

Studio 2 (Downstairs)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM		LES MILLS BODYPUMP	H.I.T	PILATES	BOX		
6.30AM							
7.00AM						SUPER CROSS	
7.30AM							
8.00AM						BOX	
8.30AM							
9.00AM	H.I.T30	H.I.T30				LES MILLS BODYPUMP	
9.30AM	LES MILLS BODYATTACK	BOX	LES MILLS BODYPUMP	MMA FIT	LES MILLS BODYPUMP		
10.00AM						YOGA	
10.30AM	LES MILLS BODYPUMP	PILATES		PILATES	BELLY DANCING		
11.00AM							
5.00PM							
5.30PM	BOX	SUPER CROSS	LES MILLS BODYPUMP	H.I.T			
6.00PM							
6.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	H.I.T	LES MILLS BODYPUMP			
7.00PM							
7.30PM	H.I.T	BOX	BELLY DANCING	BOX			
8.00PM							
8.30PM							
9.00PM							

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM	BLITZ						
6.30AM		TABATA		TABATA			
7.00AM							
7.30AM							
8.00AM						PILATES	NEW PILATES
8.30AM	REVIVE		REVIVE		REVIVE		
9.00AM							
9.30AM		BLITZ		LES MILLS BODYATTACK	YOGA		
10.00AM							
10.30AM							
11.00AM							
5.00PM							
5.30PM	CORE	BLITZ	CORE				
6.00PM		NEW	TABATA				
6.30PM		CORE	PILATES	TABATA			
7.00PM							
7.30PM	YOGA	PILATES		YOGA			
8.00PM							

Athletic Rig

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30AM							
9.00AM	W.O.D25	W.O.D25	W.O.D25	W.O.D25	W.O.D25		

(W.O.D25: Restriction of 10 members per class)

Studio 3 (Spin)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM							
6.30AM					SPIN EXPRESS		
7.00AM		SPIN EXPRESS					
7.30AM							
8.00AM							
8.30AM							
9.00AM							
9.30AM	SPIN		SPIN		SPIN	SPIN	
10.00AM							
6.00PM		NEW	SPIN EXPRESS	SPIN EXPRESS			
6.30PM	SPIN	SPIN					
7.00PM							

- Class lengths are 50 minutes & 30 minutes
- Please ensure you arrive on time to participate in the class warm up
- Instructors reserve the right to refuse entry if the warm up is missed for the safety of participants
- **MUST HAVE CLASS TICKET TO PARTICIPATE**
- Class numbers will be capped to adhere to social distancing requirements