

**BLITZ** - 45 mins of fast-paced circuits to challenge your strength, stamina, and cardio. Total body workout against the clock.

**LES MILLS BODYATTACK** - This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Build speed, endurance, stamina, coordination and agility.

**LES MILLS BODYPUMP** - The original LES MILLS barbell class focuses on low weight loads and high repetition movements. This will sculpt, tone and strengthen your entire body, fast!

**LES MILLS BODYSTEP** - High-energy step workout combining aerobic moves with squats and lunges for legs and glutes. Fun, full-body class.

**BOX** - Fun, full-body boxing workouts boosting strength, coordination, and stamina. BOX30 is a 30-minute version. Gloves & wraps recommended. Available at reception.

**CORE** - Forget sit-ups! Focused functional core exercises to tone abs and strengthen your back. 30-min class.

**H.I.T** - High Intensity Training using various equipment and sports drills. Maximise strength, endurance, and body conditioning. 30 min.

**MMA FIT** - Full-body, non-contact combative workout. Mixed martial arts moves with fitness drills for strength, speed, and endurance.

**MAT PILATES** - Traditional mat work aimed to improve postural alignment, core strength, and stabilising muscles. All levels welcome.

**REVIVE** - Fitness for 55+. Focus on cardiovascular health, strength, balance, and mobility.

**SPIN** - Indoor cycling simulating outdoor rides. Boost cardio, burn calories, and tone your lower body. 30 min class.

**SUPER CROSS** - No two workouts are the same. Resistance and conditioning drills in timed sets for a full-body challenge.

**TABATA** - Short, effective rounds using bodyweight and props: 20s work / 10s rest. Scientifically proven results. 30 min.

**WOD-25/45** - 25 or 45 minutes of intense functional training with TRX, battle ropes, plyometrics, and more. Max 10 per class.

**YOGA** - Flowing, dynamic postures for strength, balance, flexibility, and breath control. All levels, multiple styles.

**ZUMBA** - High-energy cardio and muscle conditioning perfectly synced to the best Zumba beats. Fun full-body workout.

# YOUR GROUP FITNESS TIMETABLE

FIND YOUR PERFECT CLASS. MOVE WITH US.



## OUR FACILITY IS OPEN 24/7

### STAFFED HOURS

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

### CRÉCHE HOURS

Monday - Friday	9am - 12pm
Wednesday Evening	4:30pm - 7:30pm
Saturday	8am - 11:30am

# YOUR GROUP FITNESS TIMETABLE

## Studio 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM	H.I.T		H.I.T	MAT PILATES	TABATA		
6.30AM		TABATA				BOX EXPRESS	
7.00AM						SUPER CROSS	
7.30AM							
8.00AM						MAT PILATES	MAT PILATES
8.30AM							
9.00AM	H.I.T 30	H.I.T 30	H.I.T 30		H.I.T 30	LES MILLS BODYPUMP	
9.30AM	LES MILLS BODYATTACK	BOX	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP		
10.00AM						YOGA	
10.30AM	LES MILLS BODYPUMP	MAT PILATES	BELLY DANCING	MAT PILATES	BELLY DANCING		
11.00AM							
5.00PM							
5.30PM	CORE	SUPER CROSS	LES MILLS BODYPUMP	H.I.T	LES MILLS BODYSTEP		
6.00PM	TABATA		LES MILLS BODYSTEP				
6.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP			
7.00PM							
7.30PM	YOGA	BOX	BELLY DANCING	BOX			
8.00PM							

## Studio 2

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

## Athletic Rig

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

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM		W.O.D45					
6.30AM				W.O.D25			
8.30AM							
9.00AM	W.O.D25	W.O.D25	W.O.D25	W.O.D25	W.O.D25		

## Spin Studio

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

- Class lengths are 55 minutes & 30 minutes
- Blitz classes are 45 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**