

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BOOT CAMP	HIIT ZONE	HIIT ZONE	BOOT CAMP	HIIT ZONE		
6:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
7:10am						LES MILLS <b>BODYPUMP</b> Alecia	
8:00am						LES MILLS <b>BODYATTACK</b> 30 Ammany	LES MILLS <b>GRIT</b> Ana
8:15am					GENTLE Carmela		
8:30am						HIIT ZONE	
9:00am	CARDIO FIIT V						HIIT ZONE
9:15am		LES MILLS <b>BODYATTACK</b> 45 Ana					
9:30am	LES MILLS <b>BODYPUMP</b> Chris		LES MILLS <b>BODYPUMP</b> Ammany	LES MILLS <b>BODYCOMBAT</b> Irina	LES MILLS <b>BODYATTACK</b> Karola		PIN-LOADED CIRCUIT
10:00am		LES MILLS <b>CORE</b> Jodie					
	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
10:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
				LES MILLS <b>BODYBALANCE</b> Irina	LES MILLS <b>Shapes</b> Karola		
10:45am	Gold Total Chris	Gold Total Claudia	Gold Total Deb				
11:30am			LINE DANCING Deb				
5:30pm	LES MILLS <b>BODYPUMP</b> Jodi	LES MILLS <b>BODYCOMBAT</b> 45 Gwen	LES MILLS <b>BODYATTACK</b> 30 May	LES MILLS <b>GRIT</b> Jako			
6:00pm			LES MILLS <b>BODYPUMP</b> May	LES MILLS <b>BODYCOMBAT</b> 45 Brayden			
6:15pm		LES MILLS <b>Shapes</b> Gwen					
6:30pm	LES MILLS <b>BODYATTACK</b> 30 Ammany						
6:45pm				LES MILLS <b>Shapes</b> Irina			
7:00pm	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
7:30pm	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		

## WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	PILATES Christina	PILATES Rossana			
10:30am	YOGA DYNAMIC FLOW Christina		YOGA DYNAMIC FLOW Jen		
5:30pm	PILATES Rossana				
6:00pm		YOGA GENTLE FLOW Ola	YOGA DYNAMIC FLOW Nicole		
7:00pm			PILATES Rossana		



# AQUA TIMETABLE

The water provides great cardio workout with cushioning, resistance and support – a great injury and prevention workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	<b>AQUA</b> Chris	<b>AQUA</b> Claudia		<b>AQUA</b> Claudia	<b>AQUA</b> Gwen
9:30am		<b>AQUA</b> Claudia	<b>AQUA</b> Deb	<b>AQUA</b> Claudia	<b>AQUA</b> Gwen
10:30am	<b>AQUA</b> Irina				
7:15pm	<b>AQUA</b> Claudia	<b>AQUA</b> Gwen	<b>AQUA</b> Claudia	<b>AQUA</b> Ammany	

## CLASS DESCRIPTION

### GRIT ®

Get the power of personal training with the motivation of a team in this 30 minute workout designed to get you super fit super-fast.

### LES MILLS SHAPES ®

A low impact total body interval based training workout inspired by Pilates, Power Yoga and Barre, designed to find the hot spot.

### BODYCOMBAT ®

An energetic mix of martial arts, boxing and cardio, designed to get you fit, fast and strong.

### LES MILLS CORE ®

The ultimate way to get a tight and toned core, taking your abs to the next level.

### BODYATTACK ®

A sport inspired cardio workout for building strength and stamina.

### BODYPUMP ®

A non-impact class designed to work all the major muscles groups of your body.

### BODYBALANCE ®

A new generation Yoga class, incorporating elements of Pilates and Tai Chi.

### GOLD Total

Simple exercises aimed at increasing coordination, balance, strength, fitness and flexibility. Suitable for beginners, over 50s and rehab clients.

### YOGA

**DYNAMIC FLOW** - A powerful flowing, energetic practice that builds strength, flexibility, and mindfulness through continuous movement.

**GENTLE FLOW** - A slow, soothing practice that promotes relaxation, flexibility, and mindful movement.

### PILATES

A total body workout focusing on strength, mobility, endurance, body alignment and breath control.

### CARDIO FIIT

A HIIT cardio workout, incorporating speed, agility and short sharp interval training, designed to burn more fat in less time,

### LINE DANCING

A fun and exciting dance class with repeated sequences and steps.

### HIIT ZONE

The fastest way to increase your fitness, strength and speed through interval and circuit training.

### PIN-LOADED CIRCUIT

A multi-station workout designed to build strength through a combination of pin-loaded equipment.

### BOOTCAMP

Your fast track to fitness transformation.

### GENTLE

Total body strength, incorporating functional balance and stability.