

# GROUP FITNESS TIMETABLE

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

# WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am						
9:00am						<b>YOGA</b> Nicole
9:30am		<b>PILATES</b> Rossana				
10:30am	<b>YOGA</b> Christina	<b>LES MILLS BODYBALANCE</b> Deb				
5:30pm	<b>PILATES</b> Rossana					
6:00pm		<b>YOGA</b> Ola	<b>YOGA</b> Ola			
6:30pm	<b>FEMALE FITNESS</b> Claudia			<b>FEMALE FITNESS</b> Chris		
7:00pm		<b>YOGA NIDRA</b> Ola	<b>PILATES</b> 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> Susan	<b>AQUA</b> Claudia		<b>AQUA</b> Claudia	
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.

### BOXING

A cardio core and strength workout designed to improve agility and cardiovascular fitness.

### GOLD Total

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

### YOGA

Increase flexibility, mobility, balance and overall wellbeing, through deep stretch floor work in YIN Yoga.

### YOGA NIDRA

Yoga Nidra is a form of guided meditation also known as "effortless relaxation".

### 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,

### CARDIO SCULPT

A combination of strength, cardio and core training, designed to lift the heart rate and work the entire body.

### 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.

### FEMALE FITNESS

A cardio, strength and flexibility zone, specifically designed for females only.

### BOOTCAMP

Your "outdoor" fast track to fitness transformation.

### GENTLE

Total body strength, incorporating functional balance and stability.