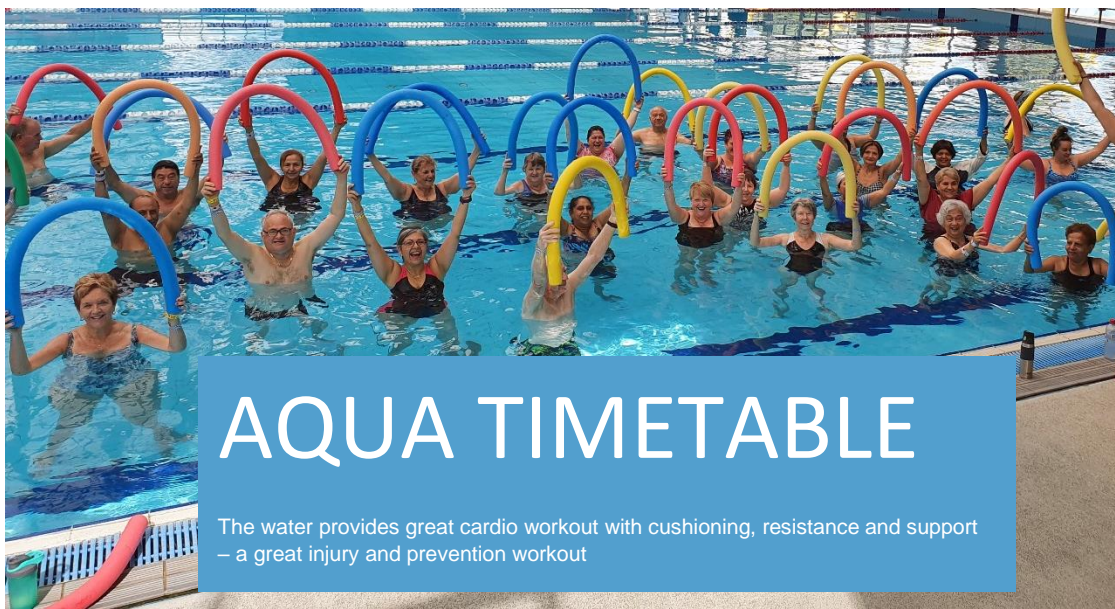




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	<b>HIIT</b> Gym floor	<b>ABT</b> Gym Floor	<i>Boxing</i> Gym Floor	<b>CIRCUIT</b> Gym Floor	<b>HIIT</b> Gym Floor		
7.10am						<b>LES MILLS BODYPUMP</b> 45 mins Alecia	
8am						<b>LES MILLS GRIT</b> Alecia	<b>LES MILLS BODYATTACK</b> May
9:30am	<b>LES MILLS BODYPUMP</b> Jo	<b>LES MILLS BODYATTACK</b> Kylie	<b>LES MILLS GRIT</b> Kylie	<b>LES MILLS BODYPUMP</b> 45 mins Dao	<b>LES MILLS BODYATTACK</b> Kylie		
10am			<b>LES MILLS CORE</b> Kylie				
10:30am				<b>LES MILLS RPM</b> Dao			
10:45am	<b>Gold Total</b> Jo		<b>Gold Total</b> Jo	<b>Gold Total</b> Claudia			
11.30am	<b>STRENGTH</b> Gym Floor	<b>HIIT</b> Gym floor	<b>STRETCH</b> Gym Floor	<b>HIIT</b> Gym floor	<i>Boxing</i> Gym Floor		
5:30pm	<b>LES MILLS BODYPUMP</b> Jako	<b>LES MILLS GRIT</b> Jane	<b>LES MILLS BODYATTACK</b> May	<b>LES MILLS GRIT</b> Jako			
6.05PM		<b>LES MILLS SPRINT</b> Bill <b>LES MILLS CORE</b> Jane	<b>LES MILLS BODYPUMP</b> May				
6:30PM	<b>LES MILLS RPM</b> 30mins Jako						
7pm	<b>HIIT</b> Gym floor	<i>Boxing</i> Gym Floor	<b>STRENGTH</b> Gym Floor	<b>CIRCUIT</b> Gym Floor	<b>ABT</b> Gym Floor		



# AQUA TIMETABLE

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM					
9:30 AM		<b>AQUA Claudia</b>	<b>AQUA Jo</b>	<b>AQUA Claudia</b>	<b>AQUA Gwen</b>

## CLASS DESCRIPTION

### GRIT®

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

### CORE®

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

### BODYATTACK®

A sports inspired cardio workout for building strength and stamina.

### BODYPUMP®

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

### RPM™

Is a group indoor cycling workout where you control the intensity.

### SPRINT™

Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

### GOLD Total

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

### HIIT

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

### Boxing

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

### Circuit

A multi station workout designed to build strength/cardio and increase the heart rate.

### Function

A workout designed to enhance your daily activities by strength, mobility, stability and stamina.

### ABT

The total lower body workout incorporating abdominal exercises to strengthen and tone your muscles.

### Strength

Tackle life's demands via a combination of resistance and body weight training, enhancing total body strength and endurance.

### Stretch

Release and unwind any tension with a series of exercises designed to increase flexibility and mobility.