

RPM™ /SPRINT/SPIN

* IN STUDIO 2

	MON	TUE	WED	THU	FRI	SAT	SUN
5.15am			LesMills Sprint 30 MINS *				
6.00am	SPIN 45 MINS	LesMills RPM 45 MINS	LesMills RPM 45 MINS	LesMills RPM 45 MINS	SPIN 45 MINS		
8.00am						LesMills RPM 45 MINS	
9.00am							
9.15am			LesMills RPM 45 MINS				SPIN 45 MINS
9.30am					LesMills RPM 45 MINS		
10.30am				SPIN 45 MINS		LesMills Sprint 30 MINS	
11.30am							LesMills Sprint 30 MINS
12.15pm	LesMills RPM 45 MINS						
12.30pm		LesMills Sprint 30 MINS			LesMills Sprint 30 MINS		
5.00pm	LesMills Sprint 30 MINS *						
6.00pm		LesMills RPM 45 MINS					
6.10pm	SPIN 45 MINS						
6.15pm			LesMills RPM 45 MINS	LesMills RPM 45 MINS			

GROUP FITNESS

BODY JAM - An addictive fusion of the latest dance styles and hottest new sounds plus the emphasis on having fun as well as breaking a sweat.

CXWORX - 30 minute class that will strengthen your core. It's ideal for tightening your tummy and butt while improving functional strength and assist in injury prevention.

BODY PUMP - This class works the whole body using barbells and dumbbells to shape the muscles.

BODY COMBAT - A mix of kick boxing, tai chi, karate and self defence that is great for your cardiovascular fitness.

BODY ATTACK - This class is a high intensity, easy to follow, intense workout with simple, athletic moves and advanced strength work. It's great for your cardiovascular fitness.

BODY BALANCE - The yoga, tai chi, pilates workout will build flexibility and strength, leaving you feeling centred and calm.

STEP - Step gives you a great cardiovascular workout while concentrating on the lower body.

BOXING BLAST - Boxing Blast is a circuit held in both studios using boxing equipment and cardio stations.

ZUMBA - Zumba is a Latin inspired dance/fusion class that is a great way to keep fit.

VINYASA POWER HOUR YOGA - Derived from Ashtanga, a vigorous practise aligning breath and movement to make you sweat!

YIN YOGA - Target ligaments, bones and fascia of the body. Yin is a great way to release tight muscles and calm the nervous system and increase flexibility and range of motion.

LES MILLS SPRINT™

Les Mills Sprint™ is a 30 minute High-Intensity Interval Training

(HIIT) workout, using an indoor bike to achieve faster results.

THROWDOWN RIG

COMBO - CARDIO/POWER - A combination of high-intensity, high volume interval and variable intensity training. Each session will be different using the throwdown rig and other cardio pieces that will give you fitness results FAST!

FUNCTIONAL/STABILITY - This session includes flexibility, core work, balance training, resistance training and cardio excercises. The emphasis is on technique and to build greater functionality.

THROUGH THE ROOF - Blast your cardio and muscle capacity with lots of short, intense intervals to improve athletic capacity and fat burning. Be prepared to work hard, get a sweat on using the throwdown rig, cardio equipment and the trainer's imagination.

THROWDOWN BOX - Combo of interval training on the rig and boxing.

LES MILLS RPM™

RPM - RPM is an indoor cycling workout where you ride to the rhythm of powerful music that will increase your cardiovascular fitness, burn fat, tone and shape your legs, hips and butt.

SPIN - Spin is an indoor class providing ultimate fat-burning.

LES MILLS GRIT™

GRIT STRENGTH - 30 minute high intensity interval training using weights to get you in shape super fast.

GRIT PLYO - 30 minute high intensity interval training that uses power agility training to transform muscle fibre and produce a lean, athletic shape.

GRIT CARDIO - 30 minute high intensity interval training featuring explosive high impact body-weight excercises to get you super fit, super-fast.



THROWDOWN
THROWDOWN RIG
NEW CLASSES!



TIMETABLE NOVEMBER 2017

- ▶ GROUP FITNESS
- ▶ LES MILLS RPM™ + SPRINT/SPIN
- ▶ FUNCTIONAL THROWDOWN
- ▶ YOGA

STUDIO 2

	MON	TUE	WED	THU	FRI	SAT	SUN
5.15am			LES MILLS sprint				
5.55am				LES MILLS GRIT STRENGTH			
6.00am		LES MILLS BODYBALANCE					
8.00am						LES MILLS GRIT PLYO	
8.15am							LES MILLS GRIT CARDIO
9.00am							LES MILLS GRIT STRENGTH
9.15am	▼ THROWDOWN COMBO CARDIO/POWER	▼ THROWDOWN COMBO CARDIO/POWER	▼ THROWDOWN FUNCTIONAL/STABILITY	▼ THROWDOWN COMBO CARDIO/POWER	▼ THROWDOWN COMBO CARDIO/POWER	▼ THROWDOWN THROUGH THE ROOF!	
9.45am							
10.15am				LES MILLS CXWORX	LES MILLS BODYBALANCE		
10.30am	LES MILLS BODYBALANCE		BOXING BLAST			ZUMBA <small>ENERGY</small>	
11.45am							
1.00pm					▼ THROWDOWN COMBO CARDIO/POWER		
5.00pm	LES MILLS sprint 5.00PM - 30 MINS						
5.15pm			LES MILLS GRIT STRENGTH	▼ THROWDOWN COMBO CARDIO/POWER			
5.30pm	LES MILLS GRIT CARDIO	LES MILLS GRIT PLYO					
6.00pm			LES MILLS GRIT CARDIO				
6.15pm	▼ THROWDOWN BOX	LES MILLS GRIT STRENGTH		LES MILLS CXWORX			
7.00pm				LES MILLS BODYJAM			
7.05pm		LES MILLS BODYBALANCE					

YOGA

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	VINYASA		VINYASA		VINYASA		
8.00am							VINYASA
11.30am					YIN		
12.00pm	VINYASA		VINYASA				
1.00pm		VINYASA		VINYASA	VINYASA		
3.00pm						VINYASA	
4.30pm							YIN
7.15pm	VINYASA		YIN				

STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
5.15am		LES MILLS BODYATTACK 30 MINS					
5.55am				LES MILLS BODYATTACK 30 MINS			
6.00am	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP		LES MILLS BODYPUMP		
6.30am				LES MILLS CXWORX			
8.00am						LES MILLS BODYATTACK 45 MINS	
8.55am						LES MILLS BODYPUMP	
9.15am	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		LES MILLS BODYATTACK
9.55am						LES MILLS CXWORX	
10.15am		LES MILLS CXWORX					LES MILLS BODYPUMP
10.30am	LES MILLS BODYATTACK 30 MINS			LES MILLS BODYPUMP	LES MILLS BODYPUMP	STEP	
11.00am	LES MILLS CXWORX	LES MILLS BODYPUMP 45 MINS					
11.30am				LES MILLS BODYBALANCE		LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
11.45am		LES MILLS BODYBALANCE					
12.15pm			LES MILLS BODYPUMP				
12.30pm							LES MILLS BODYBALANCE
1.00pm	LES MILLS CXWORX						
1.15pm			LES MILLS CXWORX				
1.30pm	LES MILLS BODYBALANCE 30 MINS						
4.15pm						LES MILLS BODYPUMP	
5.10pm	LES MILLS BODYPUMP 45 MINS	LES MILLS BODYCOMBAT 45 MINS		LES MILLS BODYATTACK 45 MINS			
5.15pm			LES MILLS CXWORX				
5.30pm					LES MILLS BODYPUMP		
6.00pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP			
6.30pm					LES MILLS BODYBALANCE		
7.05pm	LES MILLS BODYPUMP		LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT			
7.15pm		LES MILLS BODYJAM					

Please see instructor if you are new, have any injuries or are on any medication that might affect your workout.

Please note: No entry to classes 5 minutes after they have commenced.

CASUAL ENTRY PRICES

RPM and Swim	\$17.00
Group fitness and Swim	\$16.00
Circuit and Swim	\$16.00
Cxworx/Grit/Sprint and Swim	\$10.00