

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	SPIN 45 MINS	LESMILLS RPM 45 MINS	LESMILLS RPM 45 MINS	LESMILLS RPM 45 MINS	LESMILLS RPM 45 MINS		
8.00am						LESMILLS RPM 45 MINS	
9.15am			LESMILLS RPM 45 MINS				SPIN 45 MINS
9.30am					LESMILLS RPM 45MINS		
10.30am				SPIN 45 MINS			
11.30am		LESMILLS RPM 45 MINS					
12.15pm	LESMILLS RPM 45 MINS						
6.15pm	LESMILLS RPM 45 MINS	LESMILLS RPM 45 MINS	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.

**CXWORKX** - 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.

**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.

**BACK TO BASICS**—A fun and interactive practice, slowed right down giving time to get into and out of the poses. Perfect for beginners and those wishing to have a slower practice.

**ENERGYWISE** - Seniors exercise program for energetic mature adults that utilises cross-training techniques in the pool and in the studio. Including the latest fitness trends in a safe and social environment. Classes change weekly. Please see staff for class details.

**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 exercises. 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.

**THROWDOWN HIIT EXPRESS** - 30 minute HIIT cardio based Throwdown class. Get superfit, superfast.

**THROWDOWN STRENGTH** - Class will focus on full range movements, technique and increasing strength

**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 exercises to get you super fit, super-fast.



STUDIO 2	MON	TUE	WED	THU	FRI	SAT	SUN
5.55am				LES MILLS GRITSTRENGTH			
6.00am	THROWDOWN COMBO CARDO/POWER	LES MILLS BODYBALANCE	THROWDOWN COMBO CARDO/POWER		THROWDOWN COMBO CARDO/POWER		
6.30am				THROWDOWN HIT EXPRESS			
7.00am							
8.00am						LES MILLS GRITPLYO	
8.15am							LES MILLS GRITCARDIO
9.00am							LES MILLS GRITSTRENGTH
9.15am	THROWDOWN COMBO CARDO/POWER	THROWDOWN COMBO CARDO/POWER	THROWDOWN FUNCTIONAL/STABILITY	THROWDOWN COMBO CARDO/POWER	THROWDOWN COMBO CARDO/POWER	THROWDOWN THROUGH THE ROOF	
9.45am							
10.15am				LES MILLS CXWORX	LES MILLS BODYBALANCE		
10.30am	LES MILLS BODYBALANCE		THROWDOWN BOX			ZUMBA	
12.15pm					THROWDOWN COMBO CARDO/POWER		
1.15pm		ENERGYWISE STUDIO 2		ENERGYWISE STUDIO 2			
5.00pm	LES MILLS GRITSTRENGTH						
5.15pm				THROWDOWN COMBO CARDO/POWER			
5.30pm	LES MILLS GRITCARDIO	LES MILLS GRITPLYO	LES MILLS GRITPLYO/CARDIO				
6.00pm							
6.15pm	THROWDOWN BOX	LES MILLS GRITSTRENGTH	LES MILLS GRITSTRENGTH	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
9.30am		BACK TO BASICS					
11.30am					YIN		
12.00p	VINYASA		VINYASA				
1.00pm		VINYASA		VINYASA	VINYASA		
3.00pm						VINYASA	
4.30pm							YIN
6.00pm			YIN				
7.00pm				YIN			
7.15pm	VINYASA						

CLUBROOM
STUDIO 1
STUDIO 2

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 BODYDANCE 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				
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	\$17.00
Throwdown and Swim	\$17.00
Cxworx/Grit/Sprint and Swim	\$10.00
Seniors (All group classes/gym)	\$10.00