

RPM™/SPIN

	MON	TUE	WED	THU	FRI	SAT	SUN
5.15am							
6.00am	SPIN 45 MINS	LES MILLS RPM 45 MINS	LES MILLS RPM 45 MINS	LES MILLS RPM 45 MINS	SPIN 45 MINS		
8.00am						LES MILLS RPM 45 MINS	
9.00am							
9.15am			LES MILLS RPM 45 MINS				SPIN 45 MINS
9.30am					LES MILLS RPM 45 MINS		
10.30am				SPIN 45 MINS			
11.30am							
12.15pm	LES MILLS RPM 45 MINS						
12.30pm		SPIN EXPRESS 30 MINS					
5.00pm							
6.00pm		LES MILLS RPM 45 MINS					
6.10pm	SPIN 45 MINS						
6.15pm			LES MILLS RPM 45 MINS	LES MILLS 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.

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.

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.

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 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.

GRIT CARDIO/PLYO - 30 minute class combining cardio and plyo.



THROWDOWN RIG



TIMETABLE SUMMER 2018

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

STUDIO 2

	MON	TUE	WED	THU	FRI	SAT	SUN
5.15am							
5.55am				LES MILLS GRIT STRENGTH			
6.00am	THROWDOWN COMBO CARDIO/POWER	LES MILLS BODYBALANCE	THROWDOWN COMBO CARDIO/POWER		THROWDOWN COMBO CARDIO/POWER		
7.00am			THROWDOWN STRENGTH				
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					ZUMBA FINEST	
11.45am					THROWDOWN COMBO CARDIO/POWER		
1.00pm	LES MILLS GRIT STRENGTH						
5.00pm							
5.15pm				THROWDOWN COMBO CARDIO/POWER			
5.30pm	LES MILLS GRIT CARDIO	LES MILLS GRIT PLYO	LES MILLS GRIT CARDIO/PLYLO				
6.00pm							
6.15pm	THROWDOWN BOX	LES MILLS GRIT STRENGTH	LES MILLS GRIT STRENGTH	LES MILLS CXWORX			
7.00pm				LES MILLS BODYJAM			
7.05pm		LES MILLS BODYBALANCE					

YOGA

CLUBROOM STUDIO 1 STUDIO 2

	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	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				
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