

# GROUP FITNESS | STUDIO 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.15am		<b>GRIT STRENGTH</b>					
5.55am				<b>BODYATTACK</b> EXPRESS 30MIN			
6.00am	<b>BODYPUMP</b>	<b>BODYPUMP</b>	<b>BODYPUMP</b>		<b>BODYPUMP</b>		
6.30am				<b>LES MILLS CORE</b>			
8.00am						<b>BODYATTACK</b> 45MIN	
8.15am							<b>BODYATTACK</b>
8.20am		<b>BODYPUMP</b> 45MIN					
9.00am						<b>BODYPUMP</b>	
9.15am	<b>BODYPUMP</b>	<b>BODYATTACK</b>	<b>BODYPUMP</b>	<b>BODYCOMBAT</b>	<b>BODYATTACK</b>		
9.30am							<b>BODYPUMP</b>
10.15am						<b>LES MILLS CORE</b>	
10.30am	<b>BODYATTACK</b> 45MIN	<b>LES MILLS CORE</b>	<b>BODYBALANCE</b>	<b>BODYPUMP</b>	<b>BODYPUMP</b>		
10.45am							<b>BODYCOMBAT</b>
11.00am						<b>BODYBALANCE</b>	
11.15am		<b>BODYPUMP</b> 45MIN					
12.00pm							<b>BODYBALANCE</b>
12.15pm			<b>BODYPUMP</b>	<b>MAT PILATES</b>			
1.15pm			<b>LES MILLS CORE</b>				
3.45pm						<b>BODYPUMP</b>	
4.30pm	<b>BODYPUMP</b>				<b>BODYPUMP</b>		
5.00pm		<b>BODYCOMBAT</b> 45MIN		<b>BODYATTACK</b> 45MIN			
5.25pm			<b>LES MILLS CORE</b>				
5.45pm	<b>BODYATTACK</b>				<b>BODYBALANCE</b>		
6.00pm		<b>BODYPUMP</b>	<b>BODYATTACK</b>	<b>BODYPUMP</b>			
7.00pm	<b>BODYPUMP</b>						
7.10pm		<b>BODYBALANCE</b>	<b>BODYBALANCE</b>				

# GROUP FITNESS | STUDIO 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.40am			<b>THROWDOWN</b> CARDIO/POWER		<b>THROWDOWN</b> CARDIO/POWER		
6.00am	<b>THROWDOWN</b> CARDIO/POWER	<b>BODYBALANCE</b>		<b>THROWDOWN</b> EXTREME			
6.30am			<b>THROWDOWN</b> CARDIO/POWER		<b>THROWDOWN</b> CARDIO/POWER		
7.00am						<b>THROWDOWN</b> CARDIO/POWER	<b>THROWDOWN</b> CARDIO/POWER
8.00am						<b>GRIT ATHLETIC</b>	
8.15am							<b>GRIT CARDIO</b>
8.20am				<b>THROWDOWN</b> CARDIO/POWER			
9.00am							<b>GRIT STRENGTH</b>
9.15am	<b>THROWDOWN</b> CARDIO/POWER	<b>THROWDOWN</b> CARDIO/POWER	<b>THROWDOWN</b> FUNCTIONAL/STABILITY	<b>THROWDOWN</b> CARDIO/POWER	<b>THROWDOWN</b> CARDIO/POWER	<b>THROWDOWN</b> THROUGH THE ROOF	
10.15am				<b>LES MILLS CORE</b>			
10.30am	<b>BODYBALANCE</b>				<b>BODYBALANCE</b>	<b>ZUMBA</b>	
10.45am			<b>MAT PILATES</b>				
11.30am				<b>BODYBALANCE</b>			
11.45am		<b>BODYBALANCE</b>					
1.00pm	<b>LES MILLS CORE</b>						
4.00pm						<b>THROWDOWN</b> CARDIO/POWER	
5.00pm	<b>GRIT STRENGTH</b>						
5.30pm		<b>GRIT ATHLETIC</b>	<b>GRIT ATHLETIC</b>	<b>THROWDOWN</b> CARDIO/POWER			
5.35pm	<b>GRIT CARDIO</b>						
6.10pm		<b>GRIT STRENGTH</b>	<b>GRIT STRENGTH</b>				
7.00pm				<b>BODYJAM</b>			
7.15pm		<b>BODYJAM</b>					

# GROUP FITNESS | CYCLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	SPIN 45MIN	RPM 45MIN	RPM 45MIN	RPM 45MIN	SPIN 45MIN		
8.00am						RPM 45MIN	
9.15am			RPM 45MIN				SPIN 45MIN
9.30am					RPM 45MIN		
10.45am				SPIN 45MIN			
12.15pm	RPM 45MIN						
6.15pm	RPM 45MIN	RPM 45MIN	RPM 45MIN	RPM 45MIN			

# GROUP FITNESS | YOGA



CLUBROOM



STUDIO 1



STUDIO 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	VINYASA		VINYASA		VINYASA		
9.25am		BACK TO BASICS					
10.30am		YIN					
11.45am					YIN		
12.00pm	VINYASA		VINYASA				
1.00pm		VINYASA		VINYASA	VINYASA		
2.30pm						VINYASA	VINYASA
3.45pm							YIN
5.00pm			BACK TO BASICS				
6.10pm			YIN				
7.05pm				YIN			

# CLASS DESCRIPTIONS

## GROUP FITNESS

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

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

**BODY BALANCE:** This yoga, tai chi and pilates workout helps build flexibility and strength, leaving you feeling centered and calm.

**LES MILLS CORE:** This workout is designed to give incredible core definition and sports performance. Les Mills Core builds strength, stability and endurance in the muscles that support your core, including the abdominals, glutes and back.

**BODY COMBAT:** A mix of kick boxing, tai chi, karate and self defence that's great for cardiovascular fitness.

**BODY JAM:** An addictive fusion of the latest dance styles and hottest new sounds with an emphasis on having fun and breaking a sweat.

**ZUMBA:** A Latin inspired dance-cardio workout that is a great way to keep fit.

**VINYASA YOGA:** Derived from Ashtanga, Vinyasa is a vigorous practice aligning breath and movement to make you sweat!

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

**BACK TO BASICS:** A fun and interactive practice slowed right down, giving you time to get into and out of the poses. Perfect for beginners and those who prefer a slower pace.

**MAT PILATES:** A mix of low-impact mobility and strength exercises, led by a physiotherapist. Perfect for those wanting to improve their flexibility, strength and posture.

## THROWDOWN RIG

**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 EXTREME:** A balance of both cardio and strength exercises with an emphasis on cardio movement being target based and strength exercises focused on higher resistance and less reps.

## GRIT

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

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

**GRIT ATHLETIC:** 30 minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

## CYCLE

**RPM™:** 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:** An indoor cycling class providing ultimate fat-burning. It's the perfect workout for those looking to improve their outdoor cycling techniques.

Please see your 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 PRICES

Group Fitness + Swim	\$19.00
Les Mills Core/GRIT + Swim	\$11.00
Seniors (all group classes)	\$10.50