

Group Exercise Timetable

Studio One		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	HIIT Stamina		HIIT Rate				
	8:30am	Low Impact		Low Impact (8:45am)	Les Mills Core™	Chair Low Impact	BODYPUMP™	
	9:30am	BODYPUMP™		HIIT Fusion	Les Mills Dance™	BODYPUMP™	BODY BALANCE™	Chair Low Impact
	10:30am	Les Mills Dance™	BODY BALANCE™	Cardio and Strength	Strength & Conditioning		BODY COMBAT™	
	12:30pm		Zumba			Zumba Gold-Seated (12:00pm)		
	3:30pm							BODYSTEP™
	4:30pm							BODYPUMP™
	5:30pm	BODYPUMP™	Yoga Core	BODY COMBAT™	BODY BALANCE™	Les Mills Dance™		BODY BALANCE™
	6:15pm		Box Fit					
	6:30pm	Les Mills Dance™		BODYPUMP™				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua		Aqua		Aqua		
	8:00am		Aqua		Aqua		Aqua	Aqua
	9:45am	Aqua		Aqua		Aqua		
	12:00pm		Aqua		Aqua	Aqua		
	4:00pm						Aqua	Aqua
	7:00pm	Aqua Zumba	Aqua	Aqua	Aqua	Aqua		Aqua (5:00 pm)

Studio One		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		Les Mills RPM™			Les Mills RPM™		
	8:00am						Les Mills Sprint™	
	9:00am						Les Mills RPM™	
	9:30am				Les Mills RPM™			
	6:00pm	Les Mills RPM™	Les Mills RPM™	Les Mills Sprint™	Les Mills RPM™			

Class Descriptions

Aqua

The resistance in the water provides a great workout improving your cardio, strength and mobility while your joints are safely supported to minimise impact.

Aqua Zumba

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during a class so you can let loose.

Box Fit

A low impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing.

Cardio and Strength

Build strength, improve fitness and keep moving with a fun, supportive class designed for older adults of all abilities. Cardio and Strength combines low-impact cardio with functional strength exercises to improve balance, coordination, mobility and every day movement with options to suit beginners and those returning from an injury.

Chair Low Impact

A 45-minute fitness class with a combination of gentle cardio, strength training, flexibility exercises and relaxation techniques. It is a fun and accessible way to improve your overall health and well-being from the comfort of your chair.

HIIT Fusion

FUSION is a HIIT circuit class consisting of a combination of cardiovascular exercises and muscular endurance. Fusion is a combination class of HIIT Rate and Stamina, where you will use a mix of bodyweight, free weights and barbells in a circuit format to work your whole body.

HIIT Rate

HIIT RATE is a cardio based class consisting of bodyweight and free-weight exercises designed to elevate the heart rate. If you love high intensity exercise and feeling hot and sweaty after a session ... HIIT RATE is the class for you.

HIIT Stamina

STAMINA is a HIIT class utilising free weight exercises. In stamina you will increase strength and muscular endurance using stationary circuit exercises. Stamina challenges you to build strength through high repetitions. If you love the feeling of sore muscles the next day ... Stamina is the class for you.

Les Mills BodyBalance

The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving your feelings centred and calm. Controlled breathing, concentration and a structured series of moves helps you achieve balance and strengthen your entire body.

Les Mills BodyCombat

Step into a BODYCOMBAT workout and you'll punch and kick your way to your fitness goals. This high-energy martial-arts inspired workout is non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress and burn up to 740 calories along the way.

Les Mills Core

Exercising muscles around the core, Les Mills Core™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together.

Les Mills Dance

An insanely addictive group dance class that incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

Les Mills BodyPump

The original barbell workout to get you lean, toned and fit by using the most effective weight-based exercises with lots of repetition as you pump out your workout to motivational music.

Les Mills BodyStep

An interval-training workout with bursts of aerobic activity that combines basic stepping with upper body moves. Step workouts are fun, energetic, friendly and results based group experiences.

Les Mills RPM

RPM™ is a group indoor cycling workout where you control the intensity. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

Les Mills Sprint

LES MILLS SPRINT™ is a 30-minute HIIT workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

Low Impact

Get your heart rate up and your whole body moving with a workout that's kind to your joints, but still delivers a challenge. Low Impact classes use a variety of movements to build fitness, strength, coordination and mobility, with different options to suit your individual ability.

Strength and Conditioning

A general physical preparation program for all levels that focusses on building foundational strength, mobility, flexibility while also testing aerobic capacity.

Yoga Core

Build strength and stability while improving flexibility, balance and body Awareness. Yoga Core combines yoga-inspired movement with focussed core work to support better posture, mobility and every day movement in a calm, supportive environment.

Zumba

Party yourself into shape with this exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness party that moves everyone towards joy and health.

Zumba Gold - Seated

Zumba Gold - Seated is a delivered entirely seated. Improve your cardio fitness, muscle tone, range of movement and posture using a chair for support. Zumba Gold - Seated allows you to enjoy easy-to-follow dance movements designed to suit a variety of abilities.