

Group Fitness

Term 4th Timetable

9th October – 17th December 2017



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LES MILLS BODYPUMP Express 6.05am-6.50am		LES MILLS RPM Express 6.05am – 6.35am		Warrior Conditioning 6.05am-6.50am		LES MILLS sprint 6.05am-6.35am		LES MILLS GRIT STRENGTH 6.05am-6.35am					
										LES MILLS RPM 8.00am-8.45am		LES MILLS sprint 8.15am-8.45am	
LES MILLS BODYPUMP 9.00am-10.00am	LES MILLS sprint 9.00am-9.30am	LES MILLS BODYATTACK 9.00am-10.00am		LES MILLS BODYCOMBAT 9.00am-10.00am		LES MILLS GRIT CARDIO 9.00am-9.30am LES MILLS CXWORX 9.35am-10.05am		LES MILLS BODYPUMP 9.00am-10.00am	LES MILLS RPM 9.00am-9.45am	LES MILLS BODYPUMP 9.00am-10.00am LES MILLS GRIT CARDIO 9.30am-10.00am		LES MILLS BODYBALANCE 9.00am-10.00am	LES MILLS BODYPUMP 9.00am-10.00am
YOGA 10.15am-11.15am		LES MILLS GRIT STRENGTH 10.05am-10.35am		LES MILLS BODYBALANCE 10.05am-11.05am		YOGA 10.15am-11.15am		LES MILLS BODYBALANCE 10.05am-11.05am		LES MILLS CXWORX 10.05am-10.35am ZUMBA 10.45am-11.45am			

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
LES MILLS BODYPUMP 4.30pm-5.30pm		LES MILLS sprint 4.45pm-5.15pm		LES MILLS GRIT STRENGTH 5.00pm-5.30pm		LES MILLS BODYCOMBAT Express 5.10pm-5.55pm		LES MILLS sprint 5.15pm-5.45pm					
LES MILLS BODYATTACK Express 5.35pm-6.20pm	LES MILLS RPM 5.35pm-6.20pm	LES MILLS BODYPUMP 5.30pm-6.30pm		LES MILLS CXWORX 5.35pm-6.05pm	LES MILLS RPM 5.35pm-6.20pm	LES MILLS BODYPUMP 6.00pm-7.00pm							
LES MILLS BODYBALANCE 6.25pm-7.25pm		ZUMBA 6.35pm-7.35pm											

Aqua Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Aqua Aerobics 5.30pm-6.30pm			Aqua Aerobics 9.15am-10.15am	

Important. Please arrive 10 minutes prior to all classes starting to allow for set-up. There is strictly no admittance to class after commencement for safety reasons. As a courtesy to the class, do not leave until the class has finished.



LES MILLS BODYPUMP

GROUP
FITNESS

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast.



LES MILLS sprint

GROUP
FITNESS

SPRINT is a cycle workout built on the science of High Intensity Interval Training (HIIT) It's a quick & intense style of training that returns rapid results with minimal joint impact.



LES MILLS GRIT STRENGTH

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

GROUP
FITNESS

If you want big results super-fast then you need High Intensity Interval Training (HIIT). Based on ground-breaking research proven to deliver accelerated fat burning and hormone benefits to enhance health and wellbeing in just 30 minutes.



LES MILLS RPM

GROUP
FITNESS

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Sweat and burn to reach your endorphin high!



LES MILLS CXWORX

GROUP
FITNESS

CXWORX is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. All in just 30 minutes!



ZUMBA FITNESS

GROUP
FITNESS

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective, exhilarating and calorie-burning!



LES MILLS GRIT CARDIO

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

GROUP
FITNESS

GRIT cardio is a 30minute high intensity interval training workout that features explosive high impact movements designed to burn fat and improve athletic ability.

BOOTY BLAST

GROUP
FITNESS

This class is designed to target the entire lower body. It focuses on helping you condition, tone & strengthen your calves, thighs & gluts (booty). Suitable for all fitness levels.



LES MILLS BODYCOMBAT

GROUP
FITNESS

This is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and muay thai.

WARRIOR CONDITIONING

GROUP
FITNESS

45min-60mins of movement dedicated to mobility, agility, strength and conditioning. This class has explosive power, utilises exciting tools and movement patterns that mimic everyday life and gives you warrior confidence ** Class Limit = 16



LES MILLS BODYBALANCE

GROUP
FITNESS

This Yoga/Tai Chi/Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of balance.

YOGA

Group
Fitness

Yoga is one-hour multi-dimensional technique using the mind, breath and body. The class will lead you into a greater connection with yourself and internal peacefulness. Feel the mind clear and clarity come about. Suitable for all fitness levels.



LES MILLS BODYATTACK

GROUP
FITNESS

BODYATTACK™ is a sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. This interval training class combines athletic aerobic movements with strength and stabilisation exercises. Burn 600 to 800 calories per class.



AQUA AEROBICS

Aqua
Fitness

One of the most effective and safe ways to get yourself fit and into shape. Exercises are done to rhythmic music standing in chest height water. This is a great way to exercise as it causes less stress on your body, bones and joints.