




GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BOOT CAMP	HIIT ZONE	HIIT ZONE	BOOT CAMP	HIIT ZONE		
6:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
7:10am						LES MILLS BODYPUMP Alecia	
8:00am						LES MILLS BODYATTACK 30' Ammany	LES MILLS GRIT Ana
8:15am					GENTLE Carmela		
8:30am						HIIT ZONE	
9:00am	 CARDIO FIIT V						HIIT ZONE
9:15am		LES MILLS BODYATTACK 45' Ana					
9:30am	LES MILLS BODYPUMP Chris		LES MILLS BODYPUMP Ammany	LES MILLS BODYCOMBAT Irina	LES MILLS BODYATTACK Karola		PIN-LOADED CIRCUIT
10:00am		LES MILLS CORE Jodie					
	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
10:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
				LES MILLS BODYBALANCE Irina	LES MILLS Shapes Karola		
10:45am	Gold Total Chris	Gold Total Claudia	Gold Total Deb				
11:30am			 LINE DANCING Deb				
5:30pm	LES MILLS BODYPUMP Jodi	LES MILLS BODYCOMBAT 45' Gwen	LES MILLS BODYATTACK 30' May	LES MILLS GRIT Jako			
6:00pm			LES MILLS BODYPUMP May	LES MILLS BODYCOMBAT 45' Brayden			
6:15pm		LES MILLS Shapes Gwen					
6:30pm	LES MILLS BODYATTACK 30' Ammany						
6:45pm				LES MILLS Shapes Irina			
7:00pm	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
7:30pm	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		

WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	 PILATES Christina				
10:30am	YOGA DYNAMIC FLOW Christina		YOGA DYNAMIC FLOW Jen		
5:30pm					
6:00pm		YOGA GENTLE FLOW Ola	YOGA DYNAMIC FLOW Nicole		
7:00pm					



AQUA TIMETABLE

The water provides great cardio workout with cushioning, resistance and support – a great injury and prevention workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	AQUA Chris	AQUA Claudia		AQUA Claudia	AQUA Gwen
9:30am		AQUA Claudia	AQUA Deb	AQUA Claudia	AQUA Gwen
10:30am	AQUA Irina				
7:15pm	AQUA Claudia	AQUA Gwen		AQUA Ammany	

CLASS DESCRIPTION

GRIT ®
Get the power of personal training with the motivation of a team in this 30 minute workout designed to get you super fit super-fast.

LES MILLS SHAPES ®
A low impact total body interval based training workout inspired by Pilates, Power Yoga and Barre, designed to find the hot spot.

BODYCOMBAT ®
An energetic mix of martial arts, boxing and cardio, designed to get you fit, fast and strong.

LES MILLS CORE ®
The ultimate way to get a tight and toned core, taking your abs to the next level.

BODYATTACK ®
A sport inspired cardio workout for building strength and stamina.

BODYPUMP ®
A non-impact class designed to work all the major muscles groups of your body.

BODYBALANCE ®
A new generation Yoga class, incorporating elements of Pilates and Tai Chi.

GOLD Total
Simple exercises aimed at increasing coordination, balance, strength, fitness and flexibility. Suitable for beginners, over 50s and rehab clients.

YOGA
DYNAMIC FLOW - A powerful flowing, energetic practice that builds strength, flexibility, and mindfulness through continuous movement.
GENTLE FLOW - A slow, soothing practice that promotes relaxation, flexibility, and mindful movement.

PILATES
A total body workout focusing on strength, mobility, endurance, body alignment and breath control.

CARDIO FIIT
A HIIT cardio workout, incorporating speed, agility and short sharp interval training, designed to burn more fat in less time,

LINE DANCING
A fun and exciting dance class with repeated sequences and steps.

HIIT ZONE
The fastest way to increase your fitness, strength and speed through interval and circuit training.

PIN-LOADED CIRCUIT
A multi-station workout designed to build strength through a combination of pin-loaded equipment.

BOOTCAMP
Your fast track to fitness transformation.

GENTLE
Total body strength, incorporating functional balance and stability.