




# 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						<b>LES MILLS BODYPUMP</b> Alecia	
8:00am						<b>LES MILLS BODYATTACK</b> 30' Ammany	<b>LES MILLS GRIT</b> Ana
8:15am					<b>GENTLE</b> Carmela		
8:30am						HIIT ZONE	
9:00am	 <b>CARDIO FIIT</b> V						HIIT ZONE
9:15am		<b>LES MILLS BODYATTACK</b> 45' Ana					
9:30am	<b>LES MILLS BODYPUMP</b> Chris		<b>LES MILLS BODYPUMP</b> Ammany	<b>LES MILLS BODYCOMBAT</b> Irina	<b>LES MILLS BODYATTACK</b> Karola		PIN-LOADED CIRCUIT
10:00am		<b>LES MILLS CORE</b> 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		
				<b>LES MILLS BODYBALANCE</b> Irina	<b>LES MILLS Shapes</b> Karola		
10:45am	<b>Gold Total</b> Chris	<b>Gold Total</b> Claudia	<b>Gold Total</b> Deb				
11:30am			 <b>LINE DANCING</b> Deb				
5:30pm	<b>LES MILLS BODYPUMP</b> Jodi	<b>LES MILLS BODYCOMBAT</b> 45' Gwen	<b>LES MILLS BODYATTACK</b> 30' May	<b>LES MILLS GRIT</b> Jako			
6:00pm			<b>LES MILLS BODYPUMP</b> May	<b>LES MILLS BODYCOMBAT</b> 45' Brayden			
6:15pm		<b>LES MILLS Shapes</b> Gwen					
6:30pm	<b>LES MILLS BODYATTACK</b> 30' Ammany						
6:45pm				<b>LES MILLS Shapes</b> 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	 <b>PILATES</b> Christina				
10:30am	<b>YOGA DYNAMIC FLOW</b> Christina		<b>YOGA DYNAMIC FLOW</b> Jen		
5:30pm					
6:00pm		<b>YOGA GENTLE FLOW</b> Ola	<b>YOGA DYNAMIC FLOW</b> 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	<b>AQUA</b> Chris	<b>AQUA</b> Claudia		<b>AQUA</b> Claudia	<b>AQUA</b> Gwen
9:30am		<b>AQUA</b> Claudia	<b>AQUA</b> Deb	<b>AQUA</b> Claudia	<b>AQUA</b> Gwen
10:30am	<b>AQUA</b> Irina				
7:15pm	<b>AQUA</b> Claudia	<b>AQUA</b> Gwen	<b>AQUA</b> Claudia	<b>AQUA</b> 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.