

























GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BOOTCAMP	HIIT ZONE	HIIT ZONE	BOOTCAMP	HIIT ZONE		
6:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
7:10am						 Alecia	
8:00am						 Ammany	
8:30am						HIIT ZONE	
9:00am	 Chris				 Karola		HIIT ZONE
9:15am		 Clara					
9:30am	 Chris		 Ammany	 Irina			PIN-LOADED CIRCUIT
9:45am					 Karola		
10:00am	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		
				 Irina	 Florina		
10:45am	Gold Total Clara	Gold Total Claudia	Gold Total Jo				
11:30am			 Deb				
5:30pm	 Jodi	HIIT Gwen	 May	 Jako			
6:00pm		 Gwen	 May	 Chris			
				Boxing Samuel			
6:30pm	 Ammany						
7:00pm		 Gwen					
	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		 Rossana			
10:30am	YOGA Christina	YOGA Christina	YOGA Florina		 Roger
10:45am				FEMALE FITNESS	
11:30am					FEMALE FITNESS
5:30pm	 Florina				
6:00pm		YOGA Ola	YOGA Ola		
6:30pm	FEMALE FITNESS			FEMALE FITNESS	
7:00pm		YOGA  NIDRA Ola			



AQUA TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	AQUA Clara	AQUA Claudia	AQUA Jo	AQUA Claudia	AQUA Gwen
7:15pm	AQUA Claudia	AQUA Mandy	AQUA Claudia		

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.

BOXING

A cardio core and strength workout designed to improve agility and cardiovascular fitness.

GOLD Total

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

YOGA

Increase flexibility, mobility, balance and overall wellbeing, through deep stretch floor work in YIN Yoga.

YOGA NIDRA

Yoga Nidra is a form of guided meditation also known as "effortless relaxation".

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,

CARDIO SCULPT

A combination of strength, cardio and core training, designed to lift the heart rate and work the entire body.

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.

FEMALE FITNESS

A cardio, strength and flexibility zone, specifically designed for females only.

BOOTCAMP

Your "outdoor" fast track to fitness transformation.

GENTLE

Total body strength, incorporating functional balance and stability.