

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>BOOT CAMP</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>BOOT CAMP</b>	<b>HIIT ZONE</b>		
6:30am	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>		
7:10am						<b>LES MILLS BODYPUMP</b> Alecia	
8:00am						<b>LES MILLS BODYCOMBAT</b> 30 Ammany	<b>LES MILLS GRIT</b> Ana
8:15am					<b>GENTLE</b> Carmela		
8:30am						<b>HIIT ZONE</b>	<b>HIIT ZONE</b>
9:00am	<b>CARDIO FIIT</b> V						
9:15am		<b>LES MILLS BODYATTACK</b> 45 Clara					
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		
10:00am		<b>LES MILLS CORE</b> Jodie					
	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>		
10:30am	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>		
				<b>LES MILLS BODYBALANCE</b> Irina	<b>LES MILLS Shapes</b> Karola		
10:45am	<b>Gold Total</b> Jeannie	<b>Gold Total</b> Claudia	<b>Gold Total</b> Jeannie				
11:30am	<b>Chair Yoga</b> Lola			<b>Fall Prevention</b> Roger			
5:30pm	<b>LES MILLS BODYPUMP</b> Ammany	<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				
6:15pm		<b>LES MILLS Shapes</b> Gwen					
6:30pm	<b>LES MILLS BODYCOMBAT</b> 30 Ammany						
7:00pm	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>	<b>HIIT ZONE</b>		
7:30pm	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>	<b>PIN-LOADED CIRCUIT</b>		

## WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	<b>PILATES</b> Rossana					
9:00am						<b>YOGA</b> Samantha
9:30am			<b>PILATES</b> Rossana			
10:30am	<b>YOGA</b> Lola		<b>YOGA</b> Lola			
10:45am					<b>TAI CHI</b> Gwen	IN THE DANCE STUDIO ←



# 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> Jeannie	<b>AQUA</b> Claudia	<b>AQUA</b> Jeannie	<b>AQUA</b> Claudia	<b>AQUA</b> Gwen
9:30am		<b>AQUA</b> Claudia	<b>AQUA</b> Jeannie	<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	

## 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

A powerful flowing, energetic practice that builds strength, flexibility, and mindfulness through continuous movement.

### CHAIR YOGA

A gentle form of yoga that's practiced while seated or using a chair for support

### 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.

### TAI CHI

A gentle workout involving a series of slow flowing movements and postures to improve both physical and mental well-being.

### FALL PREVENTION

Designed to help improve balance, strength, coordination, and confidence in everyday movement.