

AUTUMN CLASS TIMETABLE

COMMENCING Monday 5th March 2018 - Sunday 3rd June 2018

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME:	SATURDAY	SUNDAY
GROUP FITNESS STUDIO - STUDIO 1								
5:00 AM	GRIT CARDIO 30 min	LES MILLS BODYBALANCE 30 min	INDOOR BOOTCAMP Vanesa (45)	GRIT STRENGTH 30 min	FUNCTIONAL FIT Sam (45)	7:15 AM	INDOOR BOOTCAMP Joey (45)	
5:35 AM	LES MILLS BODYPUMP Kathi (60)	STEP Roshni(45)		CIRCUITS Roshni (45)		8:00 AM	LES MILLS BODYPUMP Kellie (60)	
5:45 AM			LES MILLS BODYATTACK Chris (60)		LES MILLS BODYPUMP Kellie (45)	9:15 AM	GRIT CARDIO 30 min	
6:35 AM	GRIT CARDIO 30 min	LES MILLS BODYPUMP 60 min	LES MILLS BODYBALANCE 6.45am 60 min	LES MILLS CXWORX 30 min	LES MILLS BODYCOMBAT 30 min	9:45 AM	LES MILLS CXWORX 30 min	
7:30 AM	LIP & ACTIVE SENIORS Halee (45)			LES MILLS BODYBALANCE 7.05am 30 min	LIP & ACTIVE SENIORS Rosh (45)	10:15 AM	LES MILLS BODYJAM Halee (60)	LES MILLS BODYCOMBAT 60 min
8:30 AM	LES MILLS CXWORX 30 min	GRIT STRENGTH 30 min	LES MILLS BODYCOMBAT 30 min	GRIT CARDIO 30 min	LES MILLS BODYPUMP 30 min	11:30 AM	LES MILLS BODYPUMP 60 min	LES MILLS BODYPUMP 60 min
9:15 AM	LES MILLS BODYCOMBAT Roshni (60)	CIRCUITS Roshni (45)	LES MILLS BODYPUMP Carly (60)	INDOOR BOOTCAMP Vanesa (45)	LES MILLS BODYATTACK Roshni/Coran (45)			
10:00 AM				LES MILLS BODYPUMP 10:05am 45min	LES MILLS BODYBALANCE 10:05am 60 min	1:00 PM	LES MILLS CXWORX 30 min	GRIT STRENGTH 30 min
10:30 AM	LES MILLS BODYPUMP Danah (60)	LES MILLS CXWORX 30 min	LES MILLS BODYCOMBAT 60 min			1:30 PM	LES MILLS BODYCOMBAT 30 min	LES MILLS CXWORX 30 min
11:00 AM		LES MILLS BODYPUMP 60 min		LES MILLS BODYBALANCE 60 min	LES MILLS SHBAM 11:05am 45 min	2:00 PM	LES MILLS SHBAM 45 min	LES MILLS BODYBALANCE 60 min
11:30 AM	LES MILLS BODYBALANCE 30 min		LES MILLS CXWORX 30 min			3:00 PM	LES MILLS BODYPUMP 30 min	LES MILLS BODYPUMP 30 min
12:00 PM	GRIT CARDIO 30 min		GRIT PLYO 30 min	LES MILLS CXWORX 30 min	LES MILLS BODYPUMP 30 min	3:30 PM	GRIT PLYO 30 min	LES MILLS SHBAM 30 min
12:30 PM	LES MILLS BODYPUMP 30 min		LES MILLS SHBAM 45 min	LES MILLS BODYBALANCE 30 min	LES MILLS BODYCOMBAT 30 min	4:00 PM	LES MILLS BODYBALANCE 60 min	LES MILLS BODYATTACK Sarah (45)
4:15 PM	FUNCTIONAL FIT Sam (45)	LES MILLS BODYPUMP Ursula (60)		LES MILLS BODYPUMP Roshni (60)	LES MILLS CXWORX Ursula (30)	5:00 PM		LES MILLS BODYBALANCE 60 min
4:45 PM					STEP Ursula (30)			
5:00 PM			metafit MIRA MIRA (30)					
5:30 PM	LES MILLS BODYPUMP Carly (45)	FUNCTIONAL FIT Joey (45)	LES MILLS BODYCOMBAT Lou/Tash (60)	INDOOR BOOTCAMP Sam (45)	LES MILLS BODYPUMP Sophie (60)			
6:15 PM		LES MILLS BODYATTACK Coran/Danah (45)						
6:30 PM	THE ZUM Joey (45)		LES MILLS BODYJAM Halee (60)	LES MILLS BODYPUMP 60 min	GRIT CARDIO 30 min			
7:00 PM		LES MILLS BODYPUMP 7.05am 45min						
7:30 PM	GRIT PLYO 30 min		LES MILLS CXWORX 30 min	GRIT STRENGTH 30 min				
MIND & BODY - STUDIO 2								
5:30 AM			LES MILLS CXWORX Gwen (30)			8:15 AM	<i>pilates</i> Libby (60)	
9:15 AM	YOGA Vanessa Q (60min Flow)	FITBALL Halee (45)	POP & PILATES Vanessa Q (60)	Barre Halee (60)	LES MILLS CXWORX Halee (30)	9:15 AM	LES MILLS BODYBALANCE Ellen (60)	
10:00 AM		LES MILLS BODYBALANCE Danah (60)						
4:15 PM			YOGA Susie (60 Flow)					
5:30 PM	LES MILLS BODYBALANCE Kellie (60)	<i>pilates</i> Kathi (60)	Barre Halee (60)	YOGA Susie (60 Power)	YOGA VanesaR (45 Restorative)			
6:30 PM		Barre Halee (60)						
CYCLE STUDIO - STUDIO 3								
5:30 AM	sprint Priscilla (30)	LES MILLS RPM Sam (50)			LES MILLS RPM Danah (50)	7:15 AM	LES MILLS RPM Sam (50)	
9:15 AM	LES MILLS RPM Carly (50)					8:15 AM	sprint Amanda (30)	
5:30 PM	LES MILLS RPM Amanda (50)	LES MILLS RPM Carly (50)	sprint Sophie (30)	LES MILLS RPM Sophie (50)	sprint Amanda (30)	5:00 PM		sprint Sarah (30)
COMBAT LAB - STUDIO 4								
5:15 AM				KNOCKOUT Chris (45)				
9:15 AM		KNOCKOUT Vanesa (45)						
4:15 PM			KNOCKOUT					
5:30 PM	KNOCKOUT Chris(45)	KNOCKOUT Ursula (45)						

LES MILLS BODYPUMP	The original barbell class that shapes, tones and strengthens your entire body. The REP EFFECT focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.
LES MILLS CXWORX	Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.
LES MILLS BODYATTACK	BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. A high intensity cardio workout designed to build strength & stamina.
LES MILLS BODYJAM	Body Jam is the cardio workout where you are free to enjoy the sensations of dance, Lose yourself in the dance inspired cardio workout to the latest dance styles and hottest new sounds.
LES MILLS BODYBALANCE	During Body Balance an inspired soundtrack plays as you bend & stretch through a series of simple yoga moves and embrace elements of Tai Chi & Pilates. Breathing control is a part of all the exercises. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.
LES MILLS BODYCOMBAT	Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.
LES MILLS RPM	RPM™ is a group indoor cycling workout where you control the intensity. It's fun and low impact. Go on a journey of hill climbs, sprints and flat riding to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
LES MILLS sprint	Is built on the science of High Intensity Interval Training (HIIT). It's quick and hard style of training that returns rapid results with minimal joint impact. All performed on an indoor cycle bike and only 30min in duration.
LES MILLS SH'BAM	A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!
LES MILLS GRIT STRENGTH	LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.
LES MILLS GRIT PLYO	A 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.
LES MILLS GRIT CARDIO	A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.
STEP	Using a height adjustable step and simple movements on, over and around the step, step delivers huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks to shape and tone your body.
metafit	A 30 minute body weight HIIT experience designed to work large muscle groups in a non-choreographed, simple to follow group format. With short workout bursts/rest times to keep your body guessing. Burn up to 400 calories during your workout and up to 700 in the following 24-36 hours.
UP & ACTIVE SENIORS	A 45 minute class specifically designed for our senior citizens. We have numerous class options to cater for all abilities and your session could be on the spin bikes, in the group exercise room or on the cardio equipment. All our sessions are overseen by our own in house Exercise Physiologist and are programmed to run for a 12 week duration.
YOGA	We offer a variety of yoga styles from power yoga, to classical hatha, flow and restorative meditation. Yoga classes include postures, breath awareness and meditation and always have lots of variety. Each instructor will bring their own unique energy to the class.
Barre	A balletic infusion of Dance, Pilates and Yoga. Barre sculpts and tones your entire body from head to toe through strengthening and stretching exercises both at the barre and on the mat. No dance experience required. Swap you squats for pilates!
FITBALL	A strengthening class designed to improve range of motion, strength, stability, co-ordination and balance. Fitball provides an excellent workout which will result in a stronger core, improved posture and better body alignment.
pilates	A class that improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
POP PILATES	A total body workout which will help you target and lose belly fat. All movements are done to modern pop music which is upbeat and fun. This class will also work to strengthen and tone your thighs, butt and upper arms. Take the challenge now!
BOOTCAMP	Our fitness bootcamp classes are military inspired circuit classes. A combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns, you get everything you need! In our bootcamp classes you will be introduced to battle ropes, kettlebells, medicine balls, trx straps, ladders, skipping ropes and sandbags.
THE ZUU	Why is ZUU so good? It's fun! This calorie burning HIIT workout develops mobility, agility, flexibility and boosts cardio endurance, but that's not all. It strengthens muscles, joints, tendons, ligaments and tissue. The military, elite athletes and top sports teams do it to keep super fit. With a focus on mobility, strength and conditioning and team building, Zuu is all that we are about.
KNOCKOUT	Our boxing inspired knockout classes draw on boxing principles to give you an all over cardio and strength training workout. Boxing helps improve endurance, co-ordination and stamina and is also great for stress relief! Our classes are a mix of boxing combinations, cardio drills and specific boxing exercises and caters for all levels of fitness!
CIRCUITS	Training comprises of 6-10 stations, each performed for a specific number of repetitions or for a set time before moving onto the next station. Each station is a fun and exciting mix of cardio, strength, plyometric and core focus training. This mix of cardiovascular training and resistance training is a great combination to shape and tone and increase your fitness levels quickly!
FUNCTIONAL FIT	In this full body workout you will improve your strength and endurance. Functional exercises use multiple joints and numerous muscles to train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. You will get a good mix of cardiovascular and resistance training!

Staffed Hours

Monday - Thursday: 5am - 8pm
 Friday: 5am - 7pm
 Saturday: 7am - 5pm
 Sunday: 10am - 6pm

**Child Minding Hours
Monday-Friday**

Session 1: 8:30am - 10:30am
 Session 2: 10:30am - 12pm

**Child Minding Hours
Saturday**

Session 3: 4pm - 5:30pm
 Session 4: 5pm - 6:30pm

Session 1: 7:45am - 9:15am
 Session 2: 9:15am - 10:30am