

COMMENCING Monday 4th January

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME:	SATURDAY	SUNDAY
GROUP FITNESS STUDIO - STUDIO 1								
5:00 AM	LES MILLS CXWORK 30 min	LES MILLS GRIT STRENGTH 30 min	LES MILLS GRIT CARDIO 30 min	LES MILLS BODYBALANCE 30 min	LES MILLS GRIT PLYO 30 min	7:00 AM		LES MILLS BODYCOMBAT 60 min
5:45 AM	INDOOR BOOTCAMP Aurnyn (45)	LES MILLS BODYSTEP Nathan (45)	LES MILLS BODYATTACK Danah/Dayna (45)	LES MILLS BODYCOMBAT 45 min	LES MILLS BODYPUMP Ursula (45)	8:00 AM		LES MILLS GRIT CARDIO 30 min
6:45 AM	LES MILLS BODYCOMBAT 30 min	LES MILLS BODYPUMP 45 min		LES MILLS CXWORK 30 min	LES MILLS BODYBALANCE 45 min	9:00 AM	LES MILLS BODYSTEP Nathan (45)	LES MILLS BODYPUMP 60 min
7:30 AM		<i>Up & Active Seniors</i> AEP (45)		<i>Up & Active Seniors</i> AEP (45)		10:15 AM	LES MILLS BODYBALANCE 60 min	LES MILLS SHBAM 45 min
8:30 AM	LES MILLS GRIT PLYO 30 min	LES MILLS CXWORK 30 min	LES MILLS BODYCOMBAT 30 min	LES MILLS BODYPUMP 30 min	LES MILLS GRIT CARDIO 30 min	11.15 AM	LES MILLS GRIT STRENGTH 30 min	LES MILLS CXWORK 30 min
9:15 AM	FUNCTIONAL FIT Jade (45)	HIT Steve (45)	LES MILLS BODYPUMP Jeff (60)	LES MILLS BODYATTACK Dayna (45)	INDOOR BOOTCAMP Jade (45)			
10:15 AM	LES MILLS CXWORK 30 min	LES MILLS BODYPUMP 60 min		LES MILLS GRIT STRENGTH 30 min	LES MILLS SHBAM 45 min			
11:00 AM	LES MILLS BODYBALANCE 60 min		LES MILLS GRIT CARDIO 30 min	LES MILLS BODYPUMP 60 min				
12.30 PM		EXPRESS HIT Aurnyn (30)			LES MILLS CXWORK 30 min			
4:30 PM	LES MILLS BODYPUMP Maddi (45)	FUNCTIONAL FIT Aurnyn (45)	LES MILLS CXWORK 30 min		LES MILLS GRIT CARDIO 30 min			
5:30 PM	HIT Blake (45)	ABT Jo (45)	INDOOR BOOTCAMP Aurnyn (45)	LES MILLS BODYPUMP Maddi (45)	FUNCTIONAL FIT Blake (45)			
6:30 PM	LES MILLS GRIT STRENGTH 30 min	LES MILLS BODYPUMP 30 min	LES MILLS SHBAM 45 min	LES MILLS CXWORK 30 min	LES MILLS BODYBALANCE 30 min			
7:00 PM	LES MILLS BODYBALANCE 30 min	LES MILLS CXWORK 30 min						
MIND & BODY - STUDIO 2								
5:45 AM					LES MILLS BODYBALANCE Kellie (45)	8:00 AM	<i>pilates</i> Libby (45)	
9:15 AM		YOGA Vanesa (45)		ABT Jade (45)		9:00 AM		LES MILLS BODYBALANCE YOGA Bianca/Jo (60)
10:15 AM			POP PILATES Vanessa (45)					
5:30 PM	YOGA Jo (45)	Barre Libby (45)	<i>pilates</i> Libby (45)	LES MILLS BODYBALANCE Kellie/Bianca (60)				
CYCLE STUDIO - STUDIO 3								
5:45 AM		LES MILLS RPM Danah (50)		sprint Danah (30)		8:00 AM	sprint Nathan (30)	
9:15 AM	LES MILLS RPM Jeff (50)			sprint Nathan (30)				
5:30 PM	sprint Nathan (30)		Freestyle SPIN Nathan (45)					
COMBAT LAB - STUDIO 4								
9:15 AM	KNOCKOUT Aurnyn (45)					8:00 AM	PAD FIT Studio 1 Aurnyn/Hannah (45)	
12.30 PM				Boxing Express Hannah (30)				
4:30 PM				PAD FIT Studio 1 Aurnyn (45)				
5:30 PM		KNOCKOUT Aurnyn (45)						
Staffed Hours Monday - Thursday: 5am - 8pm Friday: 5am - 7pm Saturday: 7am - 12pm Sunday: 7am - 12pm			Creche Hours: Monday - Friday Session 1: 8:15am - 10.30am Session 2: 3.15pm - 5:00pm (excluding Friday) Session 3: 5pm - 6:30pm (excluding Friday)			Creche Hours: Saturday Session 1: 7:45am - 9:15am Session 2: 9:15am - 10:30am		

Note: Les Mills Virtual Classes in Studio 1 have the 'play symbol'. These classes do NOT have a live instructor.

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 BODYBALANCE	During BODYBALANCE™ 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 and lengthen your entire body and leave the class feeling calm, centered and happy.
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 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 BODYSTEP	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.
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	SPRINT is a 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This quick and hard style of training drives your body to burn calories for hours which returns rapid results with minimal joint impact.
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 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. 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.
LES MILLS GRIT	This is the live LES MILLS GRIT™ class with a motivating coach to push you through a 30-minute high-intensity interval training (HIIT) workout. Your coach will be right next to you through your training session designed to improve strength and build lean muscle.
LES MILLS SH'BAM 	A fun-loving, 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!
YOGA	We offer a variety of yoga styles from power yoga, Iyengar yoga, to classical hatha, flow and restorative meditation. Our YOGA classes focus on posture, breath awareness and meditation. Each instructor brings their own unique energy to the class, offering variety from beginner to advanced.
<i>pilates</i>	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.
<i>Barre</i>	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.
<i>Up & Active Seniors</i>	A 45 minute class specifically designed for our senior citizens. We have numerous class options to cater for all abilities. All of our sessions are overseen by our in house Exercise Physiologist, but run by one of our qualified instructors.
ABT	Designed to focus purely on strengthening your Abs, Booty and Thighs ; ABT uses a combination of strength enhancing and muscle toning exercises to target these three common areas.
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!
Boxing Express	Looking for a quick KNOCKOUT inspired workout? Well this is the class you are looking for. Designed for the avid boxing enthusiast with minimal time on their hands. This class is perfect for a lunch time cardio, coordination and combination session. Punch your way to fitness...
KNOCKOUT	Our boxing inspired KNOCKOUT classes draw on boxing principles to give you an all over cardio and strength training workout. Our classes are a mix of boxing combinations, cardio drills and specific boxing exercises and caters for all levels of fitness!
INDOOR 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.
EXPRESS HIIT	This is a High Intensity Interval Training (HIIT) session, scientifically designed to create the afterburn effect. This means your body will continue to burn calories and melt fat over the next 36 hour period. Using all kinds of equipment and training techniques including kettlebells, body weight, sandbags, TABATA training and much more! A class you must try for maximum results! Try the indoor Cardio HIIT today.
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!

