

# GROUP FITNESS TIMETABLE

COMMENCING TUESDAY 6TH APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
<b>STUDIO 1 - GROUP FITNESS STUDIO</b>								
5:00AM	<b>LES MILLS CORE</b> Danah (30)	<b>EXPRESS HIIT</b> Nathan (30)	<b>LES MILLS GRIT   CARDIO</b> 30 min	<b>FUNCTIONAL FIT</b> Jaime (45)	<b>LES MILLS GRIT   PLYO</b> 30 min	7:00AM		<b>LES MILLS BODYCOMBAT</b> 60 min
5:45AM	<b>INDOOR BOOTCAMP</b> Aurnyn (45)	<b>LES MILLS BODYSTEP</b> Nathan (45)	<b>LES MILLS BODYATTACK</b> Dayna (45)	<b>LES MILLS CORE</b> 30 min	<b>LES MILLS BODYPUMP</b> Dayna (45)	8:00AM		<b>LES MILLS GRIT   CARDIO</b> 30 min
6:45AM	<b>LES MILLS BODYCOMBAT</b> 30 min	<b>LES MILLS BODYPUMP</b> 45 min		<b>LES MILLS BODYCOMBAT</b> 45 min	<b>LES MILLS BODYBALANCE</b> 45 min	9:00AM	<b>LES MILLS BODYSTEP</b> Nathan	<b>LES MILLS BODYPUMP</b> 60 min
7:30AM		<i>Up &amp; Active Seniors</i> Dayna (45)		<i>Up &amp; Active Seniors</i> Dayna (45)		10:15AM	<b>LES MILLS BODYPUMP</b> 60 min	<b>LES MILLS SH'BAM</b> 45 min
8:30AM	<b>LES MILLS GRIT   PLYO</b> 30 min	<b>LES MILLS CORE</b> 30 min	<b>LES MILLS BODYCOMBAT</b> 30 min	<b>LES MILLS BODYPUMP</b> 30 min	<b>LES MILLS GRIT   CARDIO</b> 30 min	11:15AM	<b>LES MILLS BODYBALANCE</b> 60 min	<b>LES MILLS CORE</b> 30 min
9:15AM	<b>FUNCTIONAL FIT</b> Jade (45)	<b>HIIT</b> Steve (45)	<b>LES MILLS BODYPUMP</b> Dayna (60)	<b>LES MILLS BODYCOMBAT</b> 45 min	<b>INDOOR BOOTCAMP</b> Jade (45)	<p>CLASSES WITH THIS SYMBOL DO NOT HAVE A LIVE INSTRUCTOR.</p> <p>SCAN BELOW TO BOOK ONLINE</p> 		
10:15AM	<b>LES MILLS CORE</b> 30 min	<b>LES MILLS BODYPUMP</b> 60 min		<b>LES MILLS GRIT   STRENGTH</b> 30 min	<b>LES MILLS SH'BAM</b> 45 min			
11:00AM	<b>LES MILLS BODYBALANCE</b> 60 min		<b>LES MILLS GRIT   CARDIO</b> 30 min	<b>LES MILLS BODYPUMP</b> 60 min				
12:30PM		<b>EXPRESS HIIT</b> Aurnyn (45)			<b>LES MILLS CORE</b> 30 min			
4:30PM	<b>LES MILLS BODYPUMP</b> Maddi (45)	<b>FUNCTIONAL FIT</b> Aurnyn (45)	<b>LES MILLS CORE</b> Danah (30)		<b>LES MILLS GRIT   CARDIO</b> 30 min			
5:30PM	<b>SWEAT</b> Zac (45)	<b>ABT</b> Pyper (45)	<b>INDOOR BOOTCAMP</b> Aurnyn (45)	<b>LES MILLS BODYPUMP</b> Maddi (45)	<b>FUNCTIONAL FIT</b> Pyper (45)			
6:30PM	<b>LES MILLS GRIT   STRENGTH</b> 30 min	<b>LES MILLS BODYPUMP</b> 30 min	<b>LES MILLS SH'BAM</b> 45 min	<b>LES MILLS CORE</b> 30 min	<b>LES MILLS BODYBALANCE</b> 30 min			
7:00PM	<b>LES MILLS BODYBALANCE</b> 30 min	<b>LES MILLS CORE</b> 30 min						
<b>STUDIO 2 - MIND &amp; BODY</b>								
9:15AM		<b>YOGA</b> Vanessa (45)		<b>ABT</b> Jade (45)		8:00AM	<i>pilates</i> Libby (45)	
10:15AM			<b>POP PILATES</b> Ali (45)			9:00AM		<b>LES MILLS BODYBALANCE</b> Bianca/Danah (60)
5:30PM	<b>YOGA</b> Jo (60)	<b>Barre</b> Libby (45)	<i>pilates</i> Libby (45)	<b>LES MILLS BODYBALANCE</b> Kellie/Bianca				
<b>STUDIO 3 - CYCLE STUDIO</b>								
5:45AM		<b>LES MILLS RPM</b> Danah (50)		<b>LES MILLS sprint</b> Danah (30)		8:00AM	<b>LES MILLS sprint</b> Nathan (30)	
9:15AM	<b>LES MILLS RPM</b> Danah (50)			<b>LES MILLS sprint</b> Nathan (30)				
5:30PM	<b>LES MILLS sprint</b> Nathan (30)		<b>Freestyle SPIN</b> Nathan (45)					
<b>STUDIO 4 - COMBAT LAB</b>								
9:15AM	<b>KNOCKOUT</b> Aurnyn (45)					8:00AM	<b>PAD FIT</b> Aurnyn/Hannah (45)	
12:30PM				<b>Boxing Express</b> Hannah (30)				
4:30PM				<b>PAD FIT</b> Aurnyn (45)				
5:30PM		<b>KNOCKOUT</b> 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 - 5pm (excluding Friday's)  
Session 3: 5pm - 6:30pm (excluding Friday's)

**CRECHE HOURS: SATURDAY**

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

**TO BOOK IN TO A CLASS OR CRECHE GIVE US A CALL ON 4638 7645 OR EMAIL RECEPTION@FITLAB.COM.AU**

## 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 CORE

Exercising muscles around the core, CORE™ 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, lyengar 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.

## 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.

## 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.

## Up & Active Seniors

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!