

# GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5.00 AM	<b>ABT</b> Group Fit Lab Jaime (30)	<b>HOT BURN pilates</b> Mindy Body Lab Danah (30)	<b>LES MILLS BODYPUMP</b> Group Fit Lab Bianca (30)	<b>FUNCTIONAL FIT</b> Group Fit Lab Jaime (30)	<b>HOT BURN pilates</b> Mindy Body Lab Lauren (30)	6.15 AM	<b>LES MILLS sprint</b> Cycle Lab Rotating (30)	
5.45 AM	<b>INDOOR BOOTCAMP</b> Group Fit Lab Jessa (30)	<b>LES MILLS BODYPUMP</b> Group Fit Lab Dayna (45)	<b>LES MILLS BODYCOMBAT</b> Group Fit Lab Maddie (45)	<b>LES MILLS BODYATTACK</b> Group Fit Lab Dayna (45)	<b>LES MILLS BODYPUMP</b> Group Fit Lab Maddie (45)	7.00 AM	<b>UPPERCHARGED SATURDAY</b> The Shed Jaime (45)	
	<b>LES MILLS sprint</b> Cycle Lab Max (30)	<b>Yoga</b> Mind Body Lab Bridget (45)	<b>sculpt pilates</b> Mindy Body Lab Ash (45)	<b>LES MILLS sprint</b> Cycle Lab Danah (30)		8.00 AM	<b>sculpt pilates</b> Mindy Body Lab Libby (45)	
7.30 AM		<b>Up &amp; Active Seniors</b> Group Fit Lab (45)		<b>Up &amp; Active Seniors</b> Group Fit Lab (45)		9.00 AM	<b>LES MILLS BODYPUMP</b> Group Fit Lab Paula (45)	<b>flow pilates</b> Mind Body Lab Rotating (45)
9.00 AM	<b>KNOCKOUT</b> Group Fit Lab Jessa (45)	<b>SWEAT</b> Group Fit Lab Alana (45)	<b>LES MILLS BODYPUMP</b> Group Fit Lab Max (45)	<b>ABT</b> Group Fit Lab Alana (45)	<b>INDOOR BOOTCAMP</b> Group Fit Lab Hayden (45)	<div style="background-color: #0056b3; color: white; padding: 10px;"> <h3 style="text-align: center; margin: 0;">BOOK YOUR CLASSES</h3> <ol style="list-style-type: none"> <li style="margin-bottom: 10px;">1 Download the Fit Lab app</li> <li style="margin-bottom: 10px;">2 Create an account</li> <li>3 Start booking your classes!</li> </ol> </div>		
	<b>STRENGTH &amp; stretch pilates</b> Mind Body Lab Lauren (45)			<b>flow pilates</b> Mind Body Lab Emily (45)	<b>flow pilates</b> Mind Body Lab Katie (45)			
4.30 PM	<b>LES MILLS BODYPUMP</b> Group Fit Lab Paula (45)	<b>KNOCKOUT</b> Group Fit Lab Ash (45)	<b>ABT</b> Group Fit Lab Jaime (45)	<b>SWEAT</b> Group Fit Lab Jaime (45)	<b>FUNCTIONAL FIT</b> Group Fit Lab Jaime (45)			
5.30 PM	<b>SWEAT</b> Group Fit Lab Jaime (45)	<b>ABT</b> Mind Body Lab Jaime (45)	<b>INDOOR BOOTCAMP</b> Group Fit Lab Hayden (45)	<b>LES MILLS BODYPUMP</b> Group Fit Lab Maddie (45)		<div style="background-color: #e0f2f7; padding: 10px;"> <h3 style="margin: 0;">STAFFED HOURS</h3> <p style="margin: 0;">Monday to Friday   6.00 am – 7.00pm</p> <p style="margin: 0;">Saturday   7.00am – 12.00pm</p> <h3 style="margin: 10px 0 0 0;">CRECHE HOURS:</h3> <p style="margin: 0;">Monday to Saturday   8:00am – 10:45am</p> <p style="margin: 0;">Tuesday &amp; Thursday   3:30pm – 6:15pm</p> <h3 style="margin: 10px 0 0 0;">CONTACT US</h3> <p style="margin: 0;">Phone: (07) 4638 7645</p> <p style="margin: 0;">Email: reception@fitlab.com.au</p> </div>		
	<b>Yoga</b> Mind Body Lab Jess (45)		<b>STRENGTH &amp; stretch pilates</b> Mind Body Lab Katie (45)	<b>LES MILLS BODYBALANCE</b> Mind Body Lab Bianca (45)				
	<b>LES MILLS sprint</b> Cycle Lab Dayna (30)		<b>LES MILLS sprint</b> Cycle Lab Libby (30)					

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**LES MILLS  
BODYPUMP**

BODYPUMP™, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. You will be coached through scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

**LES MILLS  
BODYBALANCE**

BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

**LES MILLS  
BODYCOMBAT**

Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 570 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.

*Yoga*

From invigorating power yoga to soothing restorative meditation, our classes cater to all levels and preferences. Dive into posture refinement, breath awareness, and meditation techniques guided by our experienced instructors. Whether you're a beginner or seasoned practitioner, find your perfect balance of mind, body, and spirit.

**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 and jumping with strength exercises such as push-ups and squats. Challenge your limits in a good way, burning up to 555 calories and leaving you with a sense of achievement

*sculpt  
pilates*

Transform your body with Sculpt Pilates, a cutting-edge class designed to push your limits and sculpt your physique. Challenge yourself with dynamic movements and props that enhance strength and stamina, all while focusing on the core principles of Pilates to refine your posture and flexibility. Join us to sculpt and tone your body like never before.

*Up & Active  
Seniors*

This 45 minute class is designed to empower senior citizens to lead active and independent lives. Focussing on strength, balance, and flexibility exercises to enhance mobility, prevent injuries, and promote overall well-being, ensuring you're fully prepared for life's every adventure.

*STRENGTH & stretch  
pilates*

Elevate your fitness with Strength and Stretch Pilates, a dynamic fusion of strength-building and flexibility-enhancing Pilates movements. From enhancing muscular endurance to tightening your deep core, this functional fitness class offers a comprehensive workout that leaves you feeling strong, stable, and revitalised.

**ABT**

ABT (Abs, Booty, Thighs) is dedicated to sculpting and strengthening your core, glutes, and thighs. Through a dynamic blend of strength-enhancing and muscle-toning exercises, ABT delivers a focused workout that helps you to redefine your abs, lift your booty, and tone your thighs for a stronger, more sculpted physique

*HOT BURN  
pilates*

Ready to feel the burn? This exhilarating 30-minute class is designed to challenge your entire body with high-intensity functional Pilates movements. Combining cardio, toning, and stretching exercises in a heated environment, you'll sculpt a stronger, leaner body while maximising calorie burn.

**INDOOR  
BOOTCAMP**

This military-inspired circuit workout is designed to push your limits and transform your body through a dynamic blend of strength, cardio, endurance, and flexibility exercises. From battle ropes to sandbags, and everything in between, you'll experience a full-body workout that will leave you feeling stronger, fitter, and ready to conquer any obstacle.

*flow  
pilates*

Experience the fluidity of movement with Flow Pilates! This class is your gateway to enhancing core strength and boosting whole-body stamina through a seamless flow of Pilates movements. Dive into exercises that prioritise alignment and breath, improving posture and flexibility while sculpting and toning your body from head to toe.

**SWEAT**

Sweat is a circuit style class designed to make you sweat as much as possible, the entire time! Comprised of ten stations, mixing cardiovascular and strength training, you will work with a partner through four sets at each station to get through your 45 minutes class.

**LES MILLS  
sprint**

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

**FUNCTIONAL  
FIT**

Unlock your full potential with Functional Fit - your gateway to a stronger, more agile body that's ready for anything life throws at you. By focusing on functional exercises that engage multiple joints and muscles, we'll enhance your core stability and improve everyday movements giving you confidence to tackle each day.

**KNOCKOUT**

Combining the best of cardio and strength training, this high-energy class is inspired by boxing principles to deliver a knockout punch to your fitness goals. From powerful boxing combinations to heart-pumping cardio drills and specialised boxing exercises, our classes are designed for all fitness levels.

**UPERCHARGED  
SATURDAY**

Come join us every Saturday with your game faces on. A fun 45-minute exclusive team based strength and cardio incorporated workout held in our High Performance Unit. This class is designed to build strength and improve your fitness.