

GROUP FITNESS CLASSES TIMETABLE 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM	ABT Mind Body Lab (45 mins)	<i>pilates</i> Mind Body Lab (30 mins)	LES MILLS BODY PUMP Group Fit Lab (30 mins)	FUNCTIONAL FIT Group Fit Lab (45 mins)	<i>pilates</i> Mind Body Lab (30 mins)	7.00 AM	UPPERCHARGED SATURDAY The Shed (45 mins)	
5:45 AM	BOX HIIT Group Fit Lab (30mins)	LES MILLS BODY PUMP Group Fit Lab (45 mins)	LES MILLS BODYCOMBAT Group Fit Lab (45 mins)	LES MILLS BODYATTACK Group Fit Lab Virtual (45 mins)	LES MILLS BODY PUMP Group Fit Lab (45 mins)	8.00 AM	LES MILLS BODY PUMP Group Fit Lab (45 mins)	
7:30 AM		<i>Yoga</i> Mind Body Lab (45 mins)		LES MILLS sprint Cycle Lab (30 mins)		9.00 AM	<i>pilates</i> Mind Body Lab (45 mins)	
9:15 AM	FUNCTIONAL FIT Group Fit Lab (45 mins)	<i>pilates</i> Group Fit Lab (45 mins)	LES MILLS BODY PUMP Group Fit Lab (45 mins)	SWEAT Group Fit Lab (45 mins)	BOX HIIT Group Fit Lab (45 mins)			<i>pilates</i> Mind Body Lab (45 mins)
4:00 PM		<i>Yoga</i> Mind Body Lab (45 mins)						
4:30 PM	LES MILLS BODY PUMP Group Fit Lab (45 mins)	BOX HIIT Group Fit Lab (45 mins)	ABT Group Fit Lab (45 mins)	SWEAT Group Fit Lab (45 mins)	12:00PM <i>Yoga</i> Mind Body Lab (45 mins)			
5:30 PM	SWEAT Group Fit Lab (45 mins)	LES MILLS sprint Cycle Lab (30 mins)	BOX HIIT Combat Lab (45 mins)	LES MILLS BODY PUMP Group Fit Lab (45 mins)	4:30PM FUNCTIONAL FIT Group Fit Lab (45 mins)			
	<i>Yoga</i> Mind Body Lab (30mins)	ABT Group Fit Lab (45 mins)	<i>pilates</i> Group Fit Lab (45 mins)	LES MILLS BODYBALANCE Mind Body Lab (45 mins)				
				LES MILLS sprint Cycle Lab (30 mins)				

BOOK YOUR CLASSES

- Download the Fit Lab app
- Create an account
- Start booking your classes!

OR BOOK YOUR CLASSES AT THE MEMBERS DESK

STAFFED HOURS

Monday to Friday | 6.00am - 7.00pm
 Saturday | 7.00am - 12.00pm

CRECHE HOURS:

Monday to Friday | 8:00am - 11:00am
 Tuesday & Thursday | 3:30pm - 6:30pm
 Saturday | 7:00am - 10:00am

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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!

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

pilates

Experience the fluidity of movement with 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.

**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.

**BOX
HIIT**

A great combination of boxing and high intensity intervals for the best of both worlds in a grueling circuit.

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

*Up & Active
Seniors*

This 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.

**UPPERCHARGED
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.

**FUNCTIONAL
FIT**

Functional Fit is your gateway to a stronger, more agile body that's ready for anything life throws at you. Focusing on functional exercises that engage multiple joints and muscles, we'll enhance your core stability and improve everyday movements.

SWEAT

A circuit style class designed to make you sweat as much as possible! 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.

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CONTACT US

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