



GROUP FITNESS TIMETABLE



Starts Monday 16th Oct

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.35 AM	TABATA Kellyann		CARDIO REV Kellyann		TABATA Kellyann
5.45 AM		LES MILLS RPM Shenae		LES MILLS RPM Shenae	
9.15 AM	LES MILLS BODYPUMP Jackie	TABATA Kellyann	LES MILLS GRIT STRENGTH Mel 30 mins LES MILLS RPM Jackie 30mins	LES MILLS BODYSTEP Ali	LES MILLS BODYPUMP Chantel
9.30 AM	LES MILLS RPM	LES MILLS RPM Beginners 30 mins		LES MILLS RPM	
9.50 AM			LES MILLS BODYCOMBAT Jackie 45 mins		
10.20 AM	LES MILLS BODYSTEP Mel 45 mins	LES MILLS BODYBALANCE Kylie		PILATES Chantel	metafit Mel 30 mins
3.30 PM	#teenfit 11 - 15 years		#teenfit 11 - 15 years		
4.00 PM	BOOTCAMP Shez 45 mins		TABATA Kellyann		
5.00 PM	LES MILLS GRIT STRENGTH Hayley 30 mins	LES MILLS RPM		LES MILLS RPM 30 mins	
5.15 PM	LES MILLS RPM 30 mins		LES MILLS RPM 30 mins		
5.40 PM	LES MILLS BODYCOMBAT Lisa 45 mins	LES MILLS BODYSTEP Kristie 45 mins	STRONG Susie 45mins	LES MILLS BODYPUMP Jackie	
6.00 PM	LES MILLS RPM Andrew	LES MILLS RPM 30 mins	LES MILLS RPM Andrew	LES MILLS RPM	LES MILLS RPM
6.30 PM	LES MILLS BODYBALANCE Kristie	LES MILLS BODYPUMP Shenae	YOGA Nici		

TIME	SATURDAY	SUNDAY
8.00 AM	LES MILLS GRIT STRENGTH Jaime 30 mins	
8.15 AM	LES MILLS RPM Shenae/Andrew	
8.35 AM	LES MILLS BODYSTEP Ali	
9.35 AM	PILATES Chantel	
10.00 AM		LES MILLS RPM

THINGS YOU NEED TO KNOW

- All group fitness classes are 55-60 mins unless otherwise specified
- All RPM classes are 45 mins unless otherwise specified
- Instructors are subject to change without notice
- Please arrive at least 5 mins early to set up equipment and discuss any injuries with your instructor (especially if you are new to group fitness). Late comers will be refused entry 5 mins after class start time.
- Wear comfortable clothing, enclosed footwear and bring a towel and water bottle
- Our instructors are here to help - please feel free to ask any questions before or after class.



Classes with the symbol are Les Mills Virtual classes taught on the big screen using Fitness on Demand. Virtual classes will start automatically at the scheduled time. Please be sure to wipe down your bike and turn off all lights, fans and air conditioner at the end of your class.

CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Strength	The 60 minute original barbell class that strengthens and tones your entire body. Your choice of weight enables you to get the results you came for and fast! The 45 minute format is all about working the big muscle groups with squats, chest, back, lunges, shoulders and core. Strictly 16yrs +
LES MILLS GRIT STRENGTH	HIIT Strength	Using barbell, weight plate and body weight exercises GRIT Strength is a high intensity training workout that will blast all major muscle groups and take your strength to another zone. Strictly 16yrs+
LES MILLS BODYSTEP	Cardio	An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Strictly 16yrs +
LES MILLS RPM	Cardio	The indoor cycling workout where you ride to the rhythm of powerful music. Let our inspiring leaders take you over the hills, flats, mountain trails & interval training. 14yrs +
LES MILLS BODYCOMBAT	Cardio	The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior. 14yrs +
metafit <small>BODYWEIGHT TRAINING</small>	HIIT Cardio	Metafit is a military-style training program that combines bodyweight exercises with the HIIT training techniques to set the metabolism on fire! Metafit is a functional and effective workout that can be adapted for all levels of fitness and abilities. 14yrs +
CARDIO REV	Cardio Strength	A group of exercises laid out for you to complete at your own pace - includes functional movements, cardio, core and strength exercises. Great for improving your aerobic capacity and endurance. Suitable for beginners as well as seasoned exercisers. Strictly 16yrs +
TABATA	HIIT Strength Cardio	Tabata involves short bursts of high-intensity functional exercises interspersed with rest periods. This type of training burns more calories in less time. Work at your own pace - exercise options given to suit all abilities and fitness levels. Strictly 16yrs +
BOOTCAMP	Strength Cardio	This fun class focuses on both cardio & strength work using a variety of equipment and training methods including boxing, HIIT, weights, kettlebells, battle ropes, bodyweight/core conditioning. Your coach will vary the exercises and format for every workout so no two bootcamp sessions are the same Strictly 16yrs +
STRONG	Cardio Strength	Strong is a high intensity interval training class that combines a killer bodyweight bootcamp workout with party vibes and pumped up music. Strictly 16yrs +
LES MILLS BODYBALANCE	Core Flexibility	The Yoga, Tai Chi, Pilates workout that build flexibility and strength leaving you feeling centred and calm. Improves your posture & teaches you valuable relaxation techniques. 14yrs +
PI LATES	Core Flexibility	Pilates exercise focuses on spinal alignment (better posture), core & pelvic stabilisation (strong abs), stress release and flexibility. This 60 minute mat class may involve hands-on instruction by the Pilates instructor to encourage adjustments & provide corrections to ensure exercises are done safely and effectively. Suitable for both beginners/advanced as modifications & variations are coached. Please bring your own yoga/pilates mat & a towel. 14yrs+
YOGA	Flexibility Mind & body	A gentle, slower-paced stretching-focused class with some basic breathing exercises and meditation at the end. The perfect class to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility. Suitable for everyone 14yrs+
#teenfit	Strength Cardio	This gym based session for teens will keep you motivated and challenged as we focus on resistance training, mobility work, coordination and agility. We'll introduce you to a range of equipment including traditional gym machines, cardio and functional training equipment. 11 - 15yrs

GROUP FITNESS & 24 HR CYCLING STUDIO

