

# GROUP FITNESS TIMETABLE

MAIN GROUP FITNESS ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM						PURSUIT	
9:00 AM		HARDCORE		HARDCORE	PURSUIT	LES MILLS BODYPUMP	
9:30 AM	SPIN	SUPER CIRCUIT	LES MILLS BODYPUMP	SPIN	TABATA		PURSUIT
10:00 AM						DANCE FIT	
10:15 AM	ABT	LES MILLS BODYBALANCE	PILATES	CARDIO BOXING	LES MILLS BODYBALANCE		
5:00 PM				SUPER CIRCUIT			
5:30 PM	PURSUIT		PURSUIT		YOGA		
6:00 PM		LES MILLS BODYPUMP	LES MILLS BODYPUMP	ZUMBA fitness			
6:30 PM	ZUMBA fitness						
6:45 PM			LES MILLS BODYBALANCE				
7:00 PM		YOGA					

FUNCTIONAL ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	FX30	FX30		FX30	FX30		
9:00 AM	FX30		FX30				FX30
10:00 AM				FIT & FABULOUS			
5:30 PM		FX30					
6:00 PM	FX30						

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
DAY BEFORE AFL GRAND FINAL	FRIDAY - 29 SEP 2023	8 AM - 6 PM	9 AM - FX30 9:30 AM - PURSUIT

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM	AQUA				AQUA		
10:00 AM	AQUA		AQUA		AQUA		
11:00 AM	AQUA		AQUA				
7:30 PM	AQUA			AQUA			

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Up to 3 minutes after class starts = Last chance to get a ticket

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Up to 5 minutes after class starts = Last chance to get in

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

# CLASS DESCRIPTIONS

<b>ABS, BUTT &amp; THIGHS</b>	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
<b>AQUA AEROBICS</b>	AQUA AEROBICS will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
<b>LES MILLS BODYATTACK</b>	BODY ATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor (55mins / 45mins).
<b>LES MILLS BODYBALANCE</b>	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
<b>LES MILLS BODYPUMP</b>	BODY PUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
<b>CARDIO BOXING</b>	Cardio based workout using body weight only to increase your heart rate and fitness in a fun environment.
<b>DANCE FITNESS</b>	Dance Fitness is a 1 hour choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!
<b>FIT AND FABULOUS</b>	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
<b>FX30</b>	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
<b>HARDCORE</b>	High intensity core class designed to focus on strengthening defining and sculpting that mid section!
<b>PILATES</b>	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
<b>PURSUIT</b>	30 minutes of HIIT (High Intensity Interval Training) on a bike. Intense bursts of energy for sprints and climbs with rests in between that prepare you for the next effort. A short and intense class that will burn calories for hours.
<b>SPIN</b>	An indoor cycling class set to the rhythm of motivating music.
<b>SUPER CIRCUIT</b>	Functional station based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
<b>TABATA</b>	Tabata consists of short, intense periods of aerobic exercises & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness level.
<b>YOGA</b>	Combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
 <b>ZUMBA fitness</b>	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.

# Group Fitness Timetable

JULY - SEP 2023

## Opening Hours

MON - FRI

5.00AM - 9.00PM

SAT - SUN

8.00AM - 6.00PM

PUBLIC HOLIDAY

8.00AM - 6.00PM

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