

GROUP FITNESS TIMETABLE

January 22nd - 28th

		Monday	Tuesday	Wednesday	Thursday	Friday (Public Holiday)	Saturday	Sunday
MAIN STUDIO	06:10	Mick BODYCOMBAT	Tim BODYATTACK	Janny BODYPUMP	Mel B LES MILLS CORE			
	08:30						Andrea BODYPUMP	Tara BODYSTEP
	09:15		Mel J Boxing					
	09:30	Kate BODYPUMP		Andrea BODYPUMP	Mel J BODYCOMBAT	Ash BODYPUMP		Kylie BODYBALANCE
	09:45						Andrea Hi-Lo Tone	
	10:15		Mel J BODY STEP CLASSIC		Kate LES MILLS CORE			
	10:45	Mick Active Adults		Andrea Active Adults		Anne Active Adults		
	11:15		Anne All Abilities Dance		Anne All Abilities Dance			
	17:30	Mel B BODYPUMP	Mel B LES MILLS CORE	Katie BODYPUMP	Lauren BODYATTACK	Katie Yoga		
	18:10		Tara BODYSTEP					
	18:45	Mick Cardio Boxing		Katie BODYBALANCE				

*Class times subject to change.

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WELLNESS & CYCLE ROOM	09:00						Kate LES MILLS RPM™	
	09:15		Debb Barre					
	10:30		Debb Mat Pilates	Debb Mat Pilates				
	10:45	Kate BODYBALANCE						
	11:30		Kaz Yoga		Kaz Yoga			
	12:30		Bridget Meditation		Bridget Meditation			
	17:30	Suilven Barre						
	17:45		Donna Yin Yoga		Debb Barre			
	18:00	Suilven Mat Pilates		Tiz LES MILLS SPRINT™				
	18:45	Michelle BODYBALANCE			Bridget Meditation			
	19:00		Kate LES MILLS RPM™					

*Virtual Classes will run in our main studio and will start automatically at the specified time.

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REFORMER *Pilates* TIMETABLE

January 22nd - 28th

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER STUDIO	06:10	Reformer Katie	Reformer Nicole	Reformer Nicole	Reformer Nicole	Reformer Nicole		
	7:10am	Reformer Nicole	Reformer Nicole	Reformer Nicole	Reformer Nicole	Reformer Nicole		
	08:30						Reformer Staff rotation	Reformer Nicole
	09:30	Reformer Debb	Reformer Kaz	Reformer Debb	Reformer Kaz	Reformer Debb	Reformer Staff rotation	Reformer Nicole
	10:30am	Reformer Debb	Reformer Kaz	Reformer Debb	Reformer Kaz	Reformer Debb	Reformer Staff rotation	Reformer Nicole
	16:30		Reformer Monica		Reformer Monica	Reformer Monica		
	17:30	Reformer Kylie	Reformer Monica	Reformer Debb	Reformer Monica	Reformer Monica		
	18:30	Reformer Kylie	Reformer Monica	Reformer Debb	Reformer Monica			

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AQUA	08:00						Sarsha Aquafit	
	08:45	Nicole Aqua Mild	Nicole Aqua Mild	Tania Aqua Mild	Nicole Aqua Mild	Tania Aqua Mild		
	09:45	Nicole Warm Water EXP	Nicole Warm Water EXP	Tania Warm Water EXP	Nicole Warm Water EXP	Tania Warm Water EXP		
	19:00		Tania Aquafit		Nicole Aquafit			

AQUA CLASSES

AQUAFIT - 45mins

A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

AQUA MILD - 45mins

Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

WARM WATER AQUA - 30mins

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

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WELLNESS CLASSES

PILATES - 45mins

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

GENERAL YOGA - 50mins

This class focuses on key postures and correct alignment, combining simple sequences with great posture. The class incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body. With a beautiful Savasana (relaxation) to finish.

MEDITATION - 45 mins

This class is designed for beginners to experienced students. Helping you to disconnect from the stresses of everyday life, assisting with better sleep and better training results, allowing your body & mind to release, reset and restore.

YIN YOGA - 1 hour

Yin Yoga allows us to work the tissues of our ligaments, joints, deep fascial networks and even our bones. It is a slow-paced style of yoga as exercise, incorporating postures that are held anywhere from 1 to 5 minutes. The poses apply moderate stress to the connective tissues of the body-the tendons, fasciae, and ligaments-with the aim of increasing circulation in the joints and improving flexibility. It is not intended as a complete practice, but as a complement to more active forms of yoga & exercise.

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LOW IMPACT CLASSES

ACTIVE ADULTS - 45mins

A low impact strength and aerobics class to keep your body moving, using simple routines, stretches, and light weights to improve strength and bone health.

BARRE - 45 mins

Barre is a workout combining ballet inspired moves, with elements of Pilates, Dance, Yoga, and strength training.

LES MILLS CLASSES

BODY ATTACK - 55mins

Body Attack 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.

BODY BALANCE - 55mins

Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You will bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

BODY COMBAT - 50mins

Body Combat is a high energy martial art inspired workout. You'll punch and kick your way to fitness. This full body workout is non- contact. You'll release stress, have a blast and feel like a champ.

BODY PUMP - 55mins

Body Pump is a weight-based class that strengthens and tones your entire body to ensure you get results – fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

LES MILLS SPRINT™ - 30mins

Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

LES MILLS CORE™ - 30mins

A strong core equals a strong body. Be guided through resistance tube, weight plate, and body weight exercises that target the torso and sling muscles and are adaptable to any level of fitness.

LES MILLS RPM™ - 50 mins

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact, and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

BODY STEP CLASSIC - 45mins

Remember the good old step classes with great music, party step, and speed step? That's exactly what this is! Using an adjustable step with risers to suit your level of fitness, Body Step Classic is a great way to increase your fitness and coordination, having a whole lot of fun at the same time.

REFORMER PILATES - 45mins

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.