

GROUP FITNESS TIMETABLE

Effective January 29th 2024

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GREEN ROOM	06:10	BODY PUMP Mel B & Janny	BODY ATTACK EXP Loz	BODY PUMP Janny	LES MILLS CORE Mel B	BODY PUMP Mel B		
	08:30						BODY PUMP Andrea	BODY STEP Tara
	09:30	BODY PUMP Kate & Ash	BODYSTEP CLASSIC Mel J	BODY PUMP Andrea	BODY COMBAT Mel J	BODY PUMP Mandy	Move To Improve (9:45am) Andrea	BODY BALANCE Kylie & Nicole
	10:40	Active Adults Claire		Active Adults Mick & Andrea	LES MILLS CORE Kate	Active Adults Anne		
	11:15		All Abilities Dance Anne		All Abilities Dance Anne			
	11:45	Mat Pilates Claire		BODY BALANCE Michelle		Mat Pilates Claire		
	12:30		Meditation Bridget		Meditation Bridget			
	17:30	BODY PUMP Janny & Mel B	BODY STEP Tara	BODY PUMP Katie	BODY ATTACK Tim	Yoga Katie		
	18:40	Cardio Boxing Mick	Tabata Kate	BODY BALANCE Katie	Meditation Bridget			

*Class times subject to change.

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PURPLE ROOM	09:30		Parent/Bubs Staff rotation	Barre Debb	Mat Pilates Suilven		LES MILLS RPM™ Nicole & Tiz	
	10:40	BODY BALANCE Kate		Core Pilates Debb		BODY BALANCE Mandy		
	11:30		Yoga Kaz		Yoga Kaz			
	17:30	Barre Express Suilven	LES MILLS RPM™ Kate		Barre Debb			
	18:00	Mat Pilates Suilven		LES MILLS Sprint™ Tiz				
	18:45	LES MILLS CORE Mel B	Yin Yoga Donna					

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

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA	08:30						AquaFit Sarsha	
	08:45	Aqua Mild Nicole	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Claire	Aqua Mild Tania		
	09:45	Warm Water Nicole	Warm Water Tiz	Warm Water Tania	Warm Water Claire	Warm Water Tania		
	19:00		AquaFit Tania		AquaFit Nicole			

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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GROUP FITNESS TIMETABLE

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CONNECT 30	06:10	Strength Meg		Aerobic James			
	09:00					Functional Liam	
	09:30	Strength James		Aerobic James			
	18:00	Aerobic Alex		Functional Meg			

*Class times subject to change.

CONNECT 30 CLASSES

CONNECT30 AEROBIC - 30mins

Pump up your heart rate and enhance your overall fitness with longer durations of aerobic activity.

CONNECT30 FUNCTIONAL - 30mins

Elevate your mobility and strength through a blend of bodyweight functional movements and equipment exercises.

CONNECT30 STRENGTH - 30mins

Strengthen and tone your entire body with a full-body resistance training class.

REFORMER *Pilates* TIMETABLE

Effective January 29th 2024

Reformer Studio								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	06:10	Reformer Katie	Reformer Nicole	Reformer Nicole	Reformer Nicole	Reformer Nicole		
	7:10am	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole		
	08:30						Reformer Staff rotation	Reformer Nicole
	09:30	Reformer Debb	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Kaz	Reformer Claire	Reformer Staff rotation	Reformer Nicole
	10:30am	Reformer Beginner Debb	Reformer Kaz	Reformer Beginner Claire	Reformer Kaz	Reformer Beginner Claire	Reformer Staff rotation	Reformer Nicole
	16:30		Reformer Beginner Monica		Reformer Beginner Monica	Reformer Beginner 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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GROUP FITNESS TIMETABLE

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.

AQUA CLASSES

AQUAFIT - 45mins

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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.

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.

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.

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.

FREESTYLE CLASSES

MOVE TO IMPROVE - 45mins

Suitable for beginner to advanced participants, this low impact class combines aerobic moves with muscle toning exercises.

TABATA - 30mins

Tabata is a high intensity interval training program combining strength and aerobic fitness. Tabata is a highly efficient method to achieve maximum results by helping you burn fat and build muscles.

*Class times subject to change.