

Group Fitness Timetable Effective 27th June

Wellness Room 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10AM	Metafit Jas	Body Attack Exp Tim	Body Pump Janny	Metafit Jas	Les Mills Core Mel B		
8:30AM						Body Pump Andrea	
9:30AM	Body Pump Mon		Body Pump Mon	Body Combat Mel J	Body Pump Mandy		
9:45AM						Body Attack Exp Andrea	
10:00AM		HIIT Mel J					
10:20AM				Les Mills Core Mon			Body Balance Kylie/Nicole
11.15AM	Active Adults		Active Adults		Active Adults		
5:30PM	Body Pump Mel B	Les Mills Core Mon	Body Pump Katie	Body Attack Tim			
6:15PM		Body Step Classic Mon					
6:45PM			Body Balance Katie				

Wellness Room 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15AM		Barre Claire			
10:15AM			Mat Pilates Claire		
10.45AM	Body Balance Mon				Body Balance Mandy
11:00AM		Yoga Kaz		Yoga Kaz	
12.15PM	Mat Pilates Claire				
5:30PM	Barre Exp Claire				Yoga Katie
6.15PM	Mat Pilates Claire				

Spin Room

Time	Tuesday	Wednesday	Thursday	Friday
10.45AM				Sprint Tiz
6.00PM		Sprint/RPM Tiz	RPM Nicole	
7:00PM	Sprint Janny			

Aqua Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15AM	Aqua Mild Claire	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Claire	Aqua Mild Tania	Aquafit Staff
10.15AM	Warm Water Ex Claire	Warm Water Ex Tiz	Warm Water Ex Tania	Warm Water Ex Claire	Warm Water Ex Tania	
6.00PM		Aquafit Janny		Aquafit Mel J		

Virtual Spin

Time	Monday	Wednesday	Friday	Saturday	Sunday
6.10AM		Revolution	Revolution		
10.30AM				Revolution	
3.00PM					Revolution
6.30PM			Revolution		
7.30PM	Revolution				

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 55mins

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 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.

LESMILLS 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 RPM 45 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

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.

METAFIT 30mins

Metafit is a high intensity cardio HIIT workout that uses a variety of body weight exercises to get results fast.

GENERAL YOGA 50mins

A class which 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.

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.

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.

Strong Pilates 45 mins

A strong Pilates workout focusing on whole body strength and tone. For all levels with options given for beginners.