

# Group Fitness

# Timetable

GROUP FITNESS STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<div><div>LES MILLS</div><div>BODYCOMBAT</div><div>30</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div></div>	<div><div>LES MILLS</div><div>BODYCOMBAT</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div></div>	<div><div>LES MILLS</div><div>BODYATTACK</div></div>		
6:30AM	<div><div>LES MILLS</div><div>CXWORX</div></div>						
8:00AM	<div><div>FIT FOR LIFE</div></div>	<div><div>LES MILLS</div><div>BODYBALANCE</div></div>		<div><div>FITBALL</div></div>	<div><div>FIT FOR LIFE</div></div>		
8:15AM						<div><div>LES MILLS</div><div>BODYSTEP</div></div>	
9:00AM	<div><div>metafit</div><div>BODYWEIGHT TRAINING</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div><div>30</div></div>	<div><div>LES MILLS</div><div>GRIT</div></div>	<div><div>LES MILLS</div><div>CXWORX</div></div>			
9:15AM					<div><div>LES MILLS</div><div>BODYSTEP</div><div>45</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div></div>	<div><div>LES MILLS</div><div>GRIT</div></div>
9:30AM	<div><div>LES MILLS</div><div>BODYPUMP</div></div>	<div><div>LES MILLS</div><div>BODYATTACK</div><div>45</div></div>	<div><div>LES MILLS</div><div>BODYPUMP</div></div>	<div><div>LES MILLS</div><div>BODYCOMBAT</div></div>			
9:45AM							<div><div>LES MILLS</div><div>BODYBALANCE</div></div>
10:05AM					<div><div>LES MILLS</div><div>BODYPUMP</div><div>30</div></div>		
10:15AM						<div><div>LES MILLS</div><div>BODYBALANCE</div></div>	
10:30AM	<div><div>LES MILLS</div><div>BODYBALANCE</div></div>	<div><div>YOGA</div></div>	<div><div>LES MILLS</div><div>BODYBALANCE</div></div>	<div><div>YOGA</div></div>			
10:35AM					<div><div>LES MILLS</div><div>BODYBALANCE</div><div>30</div></div>		
4:30PM		<div><div>LES MILLS</div><div>GRIT</div></div>		<div><div>LES MILLS</div><div>BODYPUMP</div><div>30</div></div>			
5:00PM	<div><div>LES MILLS</div><div>BODYPUMP</div><div>45</div></div>	<div><div>LES MILLS</div><div>CXWORX</div></div>	<div><div>LES MILLS</div><div>BODYATTACK</div><div>45</div></div>	<div><div>metafit</div><div>BODYWEIGHT TRAINING</div></div>	<div><div>LES MILLS</div><div>BODYCOMBAT</div><div>30</div></div>		
5:30PM		<div><div>LES MILLS</div><div>BODYCOMBAT</div></div>		<div><div>LES MILLS</div><div>BODYSTEP</div></div>			
5:50PM	<div><div>LES MILLS</div><div>BODYSTEP</div><div>45</div></div>		<div><div>LES MILLS</div><div>BODYPUMP</div><div>45</div></div>				
6:30PM		<div><div>LES MILLS</div><div>BODYBALANCE</div></div>		<div><div>LES MILLS</div><div>BODYBALANCE</div></div>			
6:40PM	<div><div>LES MILLS</div><div>GRIT</div></div>		<div><div>LES MILLS</div><div>BODYBALANCE</div><div>30</div></div>				

CYCLE STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>sprint</div></div>	<div><div>LES MILLS</div><div>RPM</div></div>		
8:15AM						<div><div>LES MILLS</div><div>RPM</div></div>	
9:30AM	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>RPM</div><div>30</div></div>	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>sprint</div></div>		
5:30PM	<div><div>LES MILLS</div><div>RPM</div></div>	<div><div>LES MILLS</div><div>sprint</div></div>					
6:00PM			<div><div>LES MILLS</div><div>RPM</div><div>30</div></div>				

FIT FOR LIFE STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	<div><div>BodyFit</div></div>		<div><div>BodyFit</div></div>		<div><div>BodyFit</div></div>		
9:15AM	<div><div>BodyFit</div></div>	<div><div>BodyFit</div></div>	<div><div>FIT FOR LIFE</div></div>	<div><div>BodyFit</div></div>	<div><div>BodyFit</div></div>		
10:30AM	<div><div>FIT FOR LIFE</div></div>	<div><div>FIT FOR LIFE</div></div>	<div><div>FITBALL</div></div>	<div><div>FIT FOR LIFE</div></div>	<div><div>FITBALL</div></div>		
11:30AM		<div><div>HEART HEALTH</div></div>		<div><div>HEART HEALTH</div></div>			
4:15PM	<div><div>TEEN FIT</div></div>		<div><div>TEEN FIT</div></div>		<div><div>TEEN FIT</div></div>		
5:30PM	<div><div>BodyFit</div></div>						

AQUATICS							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM			<div><div>DEEP WATER</div><div>RUNNING</div></div>		<div><div>AQUA</div><div>INTERVAL</div></div>		
9:00AM	<div><div>AQUARIANS</div></div>	<div><div>AQUA</div><div>INTERVAL</div></div>		<div><div>AQUARIANS</div></div>			
12:30PM	<div><div>WATER</div><div>WALKING (25M)</div></div>		<div><div>WATER</div><div>WALKING (25M)</div></div>		<div><div>WATER</div><div>WALKING (25M)</div></div>		
1:15PM	<div><div>WATER</div><div>WALKING (50M)</div></div>		<div><div>WATER</div><div>WALKING (50M)</div></div>				

<div><div>LES MILLS</div><div>BODYATTACK</div></div>	High energy fitness class with athletic moves and strength exercises. 60 MINS
<div><div>LES MILLS</div><div>BODYBALANCE</div></div>	Strengthening and calming simple yoga moves with elements of Tai Chi and Pilates. 60 MINS
<div><div>LES MILLS</div><div>BODYCOMBAT</div></div>	High energy martial arts inspired, non-contact workout. 60 MINS
<div><div>LES MILLS</div><div>BODYPUMP</div></div>	The full body workout, BODYPUMP™ is for anyone looking to get lean, toned and fit fast. 60 MINS
<div><div>LES MILLS</div><div>BODYSTEP</div></div>	The full body cardio workout using adjustable steps to really tone your behind and thighs. Burn calories and leave buzzing with satisfaction. 60 MINS
<div><div>LES MILLS</div><div>CXWORX</div></div>	Core training with moves that have options for your fitness level. 30 MINS
<div><div>LES MILLS</div><div>GRIT</div></div>	High Intensity Interval Training (HIIT) designed to improve strength and build lean muscle. 30 MINS
<div><div>LES MILLS</div><div>RPM</div></div>	Indoor cycling workout where you control the intensity. 45 MINS
<div><div>LES MILLS</div><div>sprint</div></div>	Indoor cycling workout that uses High Intensity Interval Training (HIIT) to achieve fast results. 30 MINS
<div><div>metafit</div><div>BODYWEIGHT TRAINING</div></div>	A high intensity workout including a series of body weight exercises with interval style training. 30 MINS

<div><div>FITBALL</div></div>	A low impact class using fitballs to improve the range of motion, body alignment, posture, strength and stability. 45 MINS
<div><div>FIT FOR LIFE</div></div>	A moderate intensity class designed to increase strength, fitness and wellbeing. Suitable for seniors or anyone with stable long term health conditions. 45 MINS
<div><div>BodyFit</div></div>	A personalised small group training class. Achieve your fitness goals fast with experienced personal trainers instructing each class in our downstairs fit for life gym. 45MINS
<div><div>YOGA</div></div>	An ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will increase your flexibility, balance, strength and wellbeing. 60 MINS
<div><div>HEART HEALTH</div></div>	Heart Health is a low impact class suitable for seniors and participants who have restrictive medical conditions. Sessions incorporate aerobic activity, resistance exercise, balance and stretching. Modifications are made to each class to suit individual needs. 45 MINS
<div><div>AQUA</div><div>INTERVAL</div></div>	A combination of shallow and deep water exercises designed for all fitness levels to motivating music. 60 MINS
<div><div>AQUARIANS</div></div>	A water workout designed for all swimming abilities in a social, fun, atmosphere. Have fun, keep active and make new friends with the Aquarian Social Club. 60 MINS
<div><div>DEEP</div><div>WATER</div><div>RUNNING</div></div>	Exercises and aqua running in deep water using buoyancy aids. Suitable for all fitness levels and beneficial for injury recovery, arthritis and joint problems. 45 MINS
<div><div>WATER</div><div>WALKING</div></div>	A water walking class in waist deep water to music. The class takes full advantage of the waters resistance and incorporates the use of noodles and dumbbells at a quick walking pace. 45 MINS