

Group Fitness Timetable

SPRING/SUMMER 2018

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	GRIT SERIES	LES MILLS RPM	LES MILLS BODYATTACK 45	LES MILLS RPM	LES MILLS BODYATTACK*		
8.15am						GRIT SERIES	
9.00am						barre	LES MILLS RPM
9.30am	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS CXWORX	FREESTYLE DANCE		
10.30am			barre		LES MILLS RPM		LES MILLS BODYBALANCE
11.30pm	STRONG MOVERS	ZUMBA gold	STRONG MOVERS	STRONG MOVERS	STRONG MOVERS		
5.30pm			LES MILLS BODYPUMP		LES MILLS BODYPUMP		
5.45pm	LES MILLS BODYPUMP 45	GRIT SERIES		barre			
6.30pm	LES MILLS BODYATTACK*	LES MILLS BODYCOMBAT 45	LES MILLS BODYATTACK 45	LES MILLS RPM			
7.05pm	LES MILLS CXWORX						
7.30pm		LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			

25M POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am	AQUA MILD				AQUA MILD	AQUA FIT	
10.00am		AQUA MILD	AQUA MILD	AQUA MILD			
6.30pm	AQUA FIT	DEEP WATER RUNNING	AQUA FIT				

** participants will not be able to enter classes after the scheduled start time

* Indicates 30min classes

KEY DURATION INTENSITY CARDIO STRENGTH WELLBEING

LES MILLS BODYATTACK
Sports-inspired cardio workout

LES MILLS BODYBALANCE
Yoga based wellness class

LES MILLS BODYCOMBAT
High-energy martial arts workout

LES MILLS BODYPUMP
Weight-based strength workout

LES MILLS CXWORX
Dynamic Core Training

LES MILLS RPM
Cycling workout

ZUMBA gold
Dance-fitness party

STRONG MOVERS
Low impact cardio class

GRIT SERIES
Circuit class to build overall fitness and strength

barre
Ballet, Pilates and Yoga fusion

FREESTYLE DANCE
A freestyle dance class suitable for all ages and abilities

AQUA FIT

Use the water resistance to challenge your entire body

ACTIVE MILD

Slow tempo water resistance workout

DEEP WATER RUNNING

A high intensity aquatic program in deep water, using flotation weight belts for conditioning and toning exercises that focus on core strength