







































Group Exercise Timetable









Group Exercise Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am			 LES MILLS BODYPUMP				
9:30am	 CROSS TRAIN	 LES MILLS BODYPUMP	 HAT	 LES MILLS BODYPUMP	 TOTAL BODY	 LES MILLS BODYSTEP	 LES MILLS BODYPUMP
10:30am	 PILATES		 PILATES		 LIVE LONGER	 LES MILLS BODYPUMP	 LES MILLS BODYATTACK
11:30am	 LIVE LONGER		 LIVE LONGER				
5:30pm	 LES MILLS BODYPUMP	 TOTAL BODY	 CROSS TRAIN	 LES MILLS BODYSTEP	 HAT		
6:30pm	 BOOT CAMP	 LES MILLS BODYSTEP	 LES MILLS BODYPUMP	 LES MILLS BODYATTACK	 LES MILLS BODYPUMP		
7:30pm	 PILATES	 PILATES	 PILATES	 PILATES			






Functional Training Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am							
7:00am	Please note these sessions require booking						
5:30pm							
6:00pm		 WARRIOR	 RIP 60	 WARRIOR			
6:30pm		 BOX FIT	 BOX FIT	 BOX FIT			
7:00pm		 AB BLAST	 BOSU	 AB BLAST			

Cycle Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		 LES MILLS RPM					
9:30am							 LES MILLS RPM
5:00pm							
5:30pm	 LES MILLS RPM	 LES MILLS RPM	 LES MILLS RPM	 LES MILLS RPM			
6:00pm							
6:30pm		 LES MILLS RPM		 LES MILLS RPM			

Pool Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30am					 aqua		
11:00am	 aqua		 aqua				
6:00pm							
6:30pm		 aqua		 aqua ZUMBA			

Class	Description
HAT—hips, abs & thighs	Low impact aerobics with toning exercises specifically for the hips, abs and thighs.
Total Body	Low impact Aerobics with toning exercises for the upper body, mid section and lower body.
Cross Train	Low impact aerobics with step, upper and lower body toning exercises using bands, v-toners and hand weights
Live Stronger	Live Longer and Stronger. A Strength Training program for the over 50 group. Fun and easy to do.
Aqua	Enjoy the splash of Aqua. Fun and exciting class for all ages. Suitable for everyone.
Aqua Zumba	Dance & fitness moves accompanied by upbeat music, making it fun for anyone who wants to exercise in water
Pilates	The ultimate workout to improve Flexibility, Posture, Breathing and Abdominal/Low Back strength
Warrior	High intensity interval training taking advantage of primal movements. Get Strong and Stable.
BoxFit	A Boxing inspired training program. Interval training programmed to challenge the whole body. Hold On.
RIP60	Functional and Stabilisation exercises using the RIP60 strap. Transform into the best shape you could be.
BOSU	The Ultimate Program for training balance, enhancing flexibility and delivering killer cardio workouts.
Ab Blast	Abs to die for. Utilising the best of sports conditioning, a program that will not leave you disappointed.
BodyPump	The weights class that builds strength, tones your body and pushes you to the limit every time. Be strong.
BodyStep	The fast paced, explosive step workout that will leave you upbeat and ready for more. Feel alive.
RPM	High intensity interval training set to tunes that'll get your pulse racing. Get results faster. Ride Hard.
BodyAttack	This high energy interval training class combines athletic movements with strength and stabilization exercises.

CLASS COURTESY

- Be on time. The Warm Up is important to avoid injury.
- Be considerate of other members exercise space. DO NOT do your own routines.
- Keep conversations to a minimum during class, this disrupts the instructor and those around you.
- The use of a hand towel is recommended and appreciated by management.