

GROUP FITNESS CLASS TIMETABLE



revolution
health & fitness at seagulls

MONDAY







TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 ZUMBA gold 7:30am - 8:30am Carolina	BOXING 6:00am - 7:00am Rusty	LET'S DANCE 7:15am - 8:15am Tarns	SPIN 6:00am - 6:45am Rusty	STAIR RUNS 6:00am - 7:00am Rusty	SPIN CORE 8:00am - 9:00am Rusty
SPIN CORE 8:30am - 9:30am Rusty	PILATES 8:30am - 9:30am Simone	YOGA 8:30am - 9:30am Simone	 LES MILLS BODYPUMP 8:30am - 9:30am Deb	PILATES 7:30am - 8:30am Simone	YOGA 9:00am - 10:00am Carol
 LES MILLS BODYPUMP 9:30am - 10:30am Sunday	BODY BLITZ 9:30am - 10:30am Sunday	SPIN CIRCUIT 9:30am - 10:30am Deb	INTERVAL TRAINING 9:30am - 10:30am Deb	TONE UP 8:30am - 9:30am Ash	
 LES MILLS BODYBALANCE 10:30am - 11:30am Sunday	YOGA 5:00pm - 6:00pm Carol	SPIN 5:00pm - 5:45pm Simone	 LES MILLS BODYBALANCE 10:30am - 11:30am Sunday	GLUTE RE-BOOT 9:30am - 10:30am Ash	
SPIN CORE 5:00pm - 6:00pm Rusty	 LES MILLS BODYPUMP 6:00pm - 7:00pm Sunday	PILATES 6:00pm - 7:00pm Simone	BOXING 6:00pm - 7:00pm Nicki		
GLUTE RE-BOOT 6:00pm - 7:00pm Ash					



HUNDREDS OF PREMIUM VIRTUAL CLASSES AVAILABLE 24/7 IN THE GROUP FITNESS STUDIO VIA THE TOUCH SCREEN KIOSK AND PLASMA SCREEN

● Cardio & Strength
 ● Mind & Body
 ● Dance
 ● Boxing
 ● Spin

Our timetable is subject to change

CLASS DESCRIPTIONS



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BODYBALANCE LESMILLS

Our BodyBalance LesMills class combines yoga, Pilates, stretching, tai chi and meditation. This class helps lengthen muscles, release tension and leaves you with an overall sense of balance and calmness.

BODY BLITZ

A mix of Cardio, Weights & Floor work. Using a variety of exercises that will help tone and condition your body whilst improving your cardio capacity, muscle tone and core strength.

BODYPUMP LESMILLS

This is a barbell workout designed to get you lean, toned and fit. The combination of scientifically-backed moves, motivating instructors and great music helps you achieve much more than you would on your own.

BOXING

This cardio boxing class incorporates fitness and strength together by using basic boxing techniques. Learn some great focus pad and boxing techniques. Be ready to move with this class.

GLUTE RE-BOOT

Targeting the major groups in your lower body, as well as those little ones you may forget about. Come and train to your ability and let's shape your lower body, core and work for the glutes of your dream.

INTERVAL TRAINING

This class combines strength, cardio and plyometric training in high intensity intervals followed by active rest and recovery with all motivating music. Also offers aerobic and anaerobic challenges, provides fat burning opportunities, improves athletic performance, improves endurance, accelerates fitness gains and enhances upper and lower body strength.

LET'S DANCE

This class is for dance-n-fitness with great music and a good fun variety workout. Our instructor will take you through your paces with moves and resistance to dance away, work up a sweat and have a groove.

PILATES

Pilates is a system that focuses on improving strength, flexibility and balance through all activities of life, improving core strength and mind body connection.

SPIN

Did you know, doing 3 spin classes a week can burn up to 1,800 calories? Our Spin class runs for 45 minutes and can burn up to 400-800 calories. But this all depends on how much effort you put in.

SPIN CIRCUIT

30 Minutes in the bike spin room to really get you going before we move into our group fitness room with a hit of mixed circuit movements that will make your Wednesday mornings complete.

SPIN CORE

30 Minutes Bike and 30 Minutes Core. A great cardio session with an awesome 30min ab/core routine to help maintain a better shaped core. This class is a must because core is everything!

STAIR RUNS

This class could also be called "Keep Pushing", because you'll need to do just that when running the stairs. This session will also include pushups, squats, core rolls and so much more mixed in with stacks of stairs. It's a fitness-ripper and you will definitely know you've been working out!!

TONE UP

The name says it all.... Tone Up! It's a great way to feel like you've toned those places that you may forget about training sometimes. This class is set for all levels of fitness.

YOGA

Unites the body, mind and spirit and can help with aligning posture and increase range of movement. It increases flexibility, endurance, balance and promotes relaxation from stress. All levels welcome.

ZUMBA GOLD

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of this class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.