

GROUP FITNESS CLASS TIMETABLE

GROUP FITNESS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA FLOW Paula 6:00am-7:00am	SPIN 45 Tarns 6:00am-6:45am	BOX HIIT Ash 6:00am-7:00am			
ZUMBA Carolina 7:30am-8:30am		LET'S DANCE Tarns 7:30am - 8:30am		PILATES Simone 7:30am-8:30am	
CYCLE + CORE Ash 8:30am-9:30am	PILATES Simone 8:30am-9:30am	HATHA YOGA Simone 8:30am-9:30am	LES MILLS BODYPUMP Nicki/Candy 8:30am-9:30am	GET ACTIVE Ash 8:30am-9:30am	CYCLE + CORE Tarns 8:00am-9:00am
LES MILLS BODYPUMP Sunday 9:30am-10:30am	X-TRAIN Sunday 9:30am-10:30am	CIRCUIT+CYCLE Ash 9:30am-10:30am		BOOTY Ash 9:30am-10:30am	YOGA FLOW Iasmin 9:00am-10:00am
LES MILLS BODYBALANCE Sunday 10:30am-11:30am			LES MILLS BODYBALANCE Sunday 10:30am-11:30am	<p>FITNESS ON DEMAND</p> <p>HUNDREDS OF PREMIUM VIRTUAL CLASSES AVAILABLE 24/7 IN THE GROUP FITNESS STUDIO VIA THE TOUCH SCREEN KIOSK AND PLASMA SCREEN</p>	
SPIN45 Tarns 5:15pm-6:00pm	LES MILLS BODYPUMP Sunday 5:30pm-6:30pm	ABS, BUTT, THIGHS Tayah 5:15pm-6:00pm	LET'S DANCE Tarns 5:30pm-6:30PM		
HEELZ Chloe 6:30pm-7:30pm	PILATES Tarns 6:30pm-7:30pm		YOGA FLOW Lauren 6:30pm-7:30pm		

REVS ZONE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FUNCTIONAL STRENGTH Paul 8:30am-9:00am	FUNCTIONAL STRENGTH Paul 8:30am-9:00am		CARDIO SWEAT Ash 9:30am-10:00am	HYBRID Tarns 6:00am-6:30am	
CORE Paul 9:00am-9:15am	CORE Paul 9:00am-9:15am		CORE Ash 10:00am-10:15am	CORE Tarns 6:30am-6:45am	
	HYBRID Ash 12:30pm-1:00pm		FUNCTIONAL STRENGTH Ash 12:30pm-1:00pm	CARDIO SWEAT Candy 9:00am-9:30am	
CARDIO SWEAT Ash 5:15pm-5:45pm			HYBRID Tammy 5:15pm-5:45pm	CORE Candy 9:30am-9:45am	<p>Add Functional Training to your weekly routine! BOOK your spot early as our small group training sessions have limited capacity.</p>
CORE Ash 5:45pm-6:00pm			CORE Tammy 5:45pm-6:00pm		

VIRTUAL CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES 7:45am-8:30am	HIIT STRENGTH 6:20am-7:05am		BODY ATTACK 6:15am-7:00am	ABS, BUTT, THIGHS 6:15am-7:00am		
	ZUMBA 9:30am-10:15am	GROUP GROOVE 9:30am-10:15am	HATHA YOGA 9am-10:00am	VINYASA POWER FLOW 7:15am-8:15am	BODY ATTACK 8:30am-9:15am	
HATHA YOGA 10:00am-11am	PILATES 10:30am-11:15am	YOGA FLOW 10:30am-11:20am	CARDIO & CONDITIONING 10:35am-11:20am	ZUMBA 9:30am-10:15am		VINYASA POWER YOGA 9:20am-10:20am
PULSES 11:15am-12noon	CARDIO & CONDITIONING 11:25am-12:10pm	PULSES 5:00pm-5:45pm	PULSES 11:30am-12:15pm		SALSATION 10:30am- 11:15am	
PULSES 5:00pm-5:45pm	HATHA YOGA 4:15pm-5:15pm					
	HIIT ENDURANCE 6:20pm-7:05pm	PILATES 6:30pm-7:15pm				
FLEX & STRETCH 7:15pm-8:00pm	YOGA FLOW 7:15pm-8:15pm					



VIRTUAL CLASSES
Launching soon

● SPIN
 ● DANCE
 ● MIND & BODY
 ● STRENGTH & CONDITIONING
 ● CARDIO FITNESS
 ● FUNCTIONAL TRAINING
 ● VIRTUAL CLASSES

Our timetable is subject to change

CLASS DESCRIPTIONS

ABS, BUTT, THIGHS

A combination of strength enhancing, and muscle toning exercises will target common problem areas. Using bands and weights, this class fires up your fat-burning and builds lean muscle in your abs, butt and legs.

BODY ATTACK

A high energy hit of cardio set to music that will keep you moving for the full hour. Cardio attack also destroys fat, burning up to 700 calories per session. You'll also improve muscle tone, build core strength, get fit and flexible, and leave the gym feeling invincible.

BODY BALANCE LES MILLS

This class is the perfect mix of yoga, pilates, stretching, tai chi and meditation. Designed to help lengthen muscles, release tension and leaving you with an overall sense of balance and calmness.

BODY PUMP LES MILLS

The ultimate weights class designed to build lean muscle mass and have you feeling fit and strong. Combining scientifically backed choreography, motivating instructors and great music, this class will push you to achieve more than you would on your own.

BODY SCULPT

A basic training-style full body workout using weights and your own body weight with a cardio focus. Increase your cardio fitness and overall strength in this fast-moving and fun circuit class.

BOOTY

This class is designed to strengthen and develop the lower body, specifically targeting the glutes and assisting muscles, for a fuller more toned looking BOOTY.

BOX HIIT

Punch your way through different boxing combinations as well as high intensity full body exercises. Guaranteed to get the heart racing.

CARDIO AND CONDITIONING

Incorporating all elements of fitness, this class will increase your cardio fitness, build strength and improve your balance and flexibility.

CIRCUIT+CYCLE

The ultimate blend to get the heart rate up and burn those calories on the bike after hitting the body with resistance training for maximum results.

CORE

Fire up your core. This class is the perfect 15minute add-on to your workout or if you are pressed for time - this class will get you sweating! A strong core is vital to body mobility and strength and is key to any training regime.

CYCLE+CORE

This class provides something for everyone. Cycle your way through heart pumping hill climbs and sprints then hit the mat as we focus on improving important postural muscles and build on your deeper core muscles.

CARDIO SWEAT

Our Cardio sweat classes are designed to keep you motivated and push you out of your comfort zone. These cardio based training methods are designed to take you and your results to the next level. Mixing up the methods with individual, partner and team workouts.

FUNCTIONAL STRENGTH

Our Functional Strength training classes focus on functional movement patterns which help increase your muscle mass, bone density and overall strength.

FLEX AND STRETCH

forgetting to stretch regularly or you're stuck at a desk all day, this 45 min class could be a great way to start your week. It combines static and dynamic stretches to help you improve your flexibility, mobility and build core strength. Perfect for anyone looking for improvements in their mobility during everyday tasks as well as those looking to prevent injuries caused by muscle fatigue and tightness.

GET ACTIVE

The perfect class if you are new to exercise A full body self-paced workout set up around timed circuits. Work as hard or as easy as you like whilst enjoying the music and great company.

GROUP GROOVE

Group Groove as a sizzling cardio experience that will make you sweat with a smile. You'll experience a fusion of club, hip-hop and Latin dance styles set to the hottest dance songs! If you can move, you can groove.

HEELS

This class is designed to gently introduce you to the world of dancing in heels. You will learn choreography with the emphasis on building strong dance foundations and techniques whilst finding your body confidence and embracing your sexy self. The song will be posted prior to class each week.

HIIT ENDURANCE

A high intensity cardio class, using Tabata timed sets of 20 on 10 off, interspersed with light to moderate weights routines aimed at keeping the heart rate up while allowing participants to catch their breath. The 45-minute session has only small breaks for transition from one set to another and new participants will find they need a few sessions to get a feel for the quick changes.

HIIT STRENGTH

A High Intensity Interval Training class that mixes calisthenics and body weight exercises with a focus on strength training.

HYBRID

The best of both worlds- This class is the perfect blend of Cardio Sweat and Functional Strength.

LET'S DANCE

Dance and Fitness at its best. Your instructor will have you grooving up a sweat whilst increasing your overall fitness, balance and coordination. A fun variety workout for all levels.

PILATES

Pilates is a low impact class for everyone who wants to manage back pain, improve their body connection, core strength, and have fun. All levels welcome.

PULSES

Designed for seniors wanting a gentle introduction to resistance and cardio based exercise. This class is part of the Cardiac Rehab program at Royal North Shore Hospital. It involves Gentle, low impact, effective, aerobic movements.

SALSATION

The combination of an eclectic mix of different rhythms, cultures, dances and fitness protocols (the Salsa) and the feeling you get from the program's strong focus on musicality, lyrical expression and feel good effects from the functional moves on your body (the Sensation).

SPIN 45

Spin 45 is a high energy ride that will take your health and fitness to a whole new level. This is a huge calorie burning class that will have you riding an epic endorphin rush for hours after class.

YOGA

A class that takes you on a journey within. Connecting your mind, body and breath through postures and sequences. All classes will have you leaving feeling relaxed and deeply nourished. All levels welcome.

Hatha: Gain a deep nourishment physically and emotionally from holding postures longer and focusing on alignment.

Flow: Creates a meditative state for the mind and body during the continuous flow of movement and breath linking one posture to another.

VINYASA POWER FLOW

A dynamic and powerful class that is a high energy and flowing yoga practice. Physically and mentally challenging, this class is where you take it up a notch. This class when practiced consistently offers incredible benefits for your body, mind and soul

X-TRAIN

Incorporating a mixture of cardio, weighted and core exercises to help tone and condition your body whilst improving your cardiovascular capacity. This class packs a punch.

ZUMBA GOLD

This class is perfect for active adults who are looking for a modified intensity and lower impact Zumba experience. Easy to follow Zumba Choreography that focuses on balance, coordination and loads of fun.



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