


# GROUP FITNESS CLASS TIMETABLE

GROUP FITNESS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STRETCH &amp; RELEASE</b> 6:00am-7:00am	<b>SPIN 45</b> 6:00am-6:45am	<b>BOX HIIT</b> 6:00am-7:00am	<b>ABS, BUTT, THIGHS</b> 6:00am-7:00am		
 <b>ZUMBA</b> 7:30am-8:30am		<b>DANCE FIT</b> 7:30am-8:30am		<b>YOGALATES</b> 7:30am-8:30am	
<b>CYCLE + CORE</b> 8:30am-9:30am	<b>PILATES</b> 8:30am-9:30am	<b>HATHA YOGA</b> 8:30am-9:30am	<b>LES MILLS BODY PUMP</b> 8:30am-9:30am	<b>GET ACTIVE</b> 8:30am-9:30am	<b>CYCLE + CORE</b> 8:00am-9:00am
<b>LES MILLS BODY PUMP</b> 9:30am-10:30am	<b>X-TRAIN</b> <i>Sunday</i> 9:30am-10:30am	<b>CIRCUIT+CYCLE</b> 9:30am-10:30am		<b>BOOTY</b> 9:30am-10:30am	<b>YOGA FLOW</b> 9:00am-10:00am
<b>LES MILLS BODYBALANCE</b> 10:30am-11:30am			<b>LES MILLS BODYBALANCE</b> 10:30am-11:30am		
	<b>LES MILLS BODY PUMP</b> 5:30pm-6:30pm	<b>ABS, BUTT, THIGHS</b> 5:15pm-6:00pm	<b>DANCE FIT</b> 5:30pm-6:30pm		
<b>RHYTHM + GROOVE</b> 6:30pm-7:30pm	<b>LES MILLS BODYBALANCE</b> 6:30pm-7:30pm		<b>YOGA FLOW</b> 6:30pm-7:30pm		

 **FITNESS**  
ON DEMAND

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

REVS ZONE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HYBRID</b> 6:00am-6:30am	<b>FUNCTIONAL STRENGTH</b> 8:30am-9:00am		<b>CARDIO SWEAT</b> 9:30am-10:00am	<b>HYBRID</b> 6:00am-6:30am	
<b>CORE</b> 6:30am-6:45am	<b>CORE</b> 9:00am-9:15am		<b>CORE</b> 10:00am-10:15am	<b>CORE</b> 6:30am-6:45am	
<b>FUNCTIONAL STRENGTH</b> 8:30am-9:00am			<b>FUNCTIONAL STRENGTH</b> 12:30pm-1:00pm	<b>HYBRID</b> 9:00am-9:30am	
<b>CORE</b> 9:00am-9:15am				<b>CORE</b> 9:30am-9:45am	
<b>CARDIO SWEAT</b> 5:15pm-5:45pm		<b>FOUNDATION STRENGTH</b> 6:00pm-6:45pm			
<b>CORE</b> 5:45pm-6:00pm					



Add Functional Training to your weekly routine! **BOOK** your spot early as our small group training sessions have limited capacity.

-  SPIN
-  DANCE
-  MIND & BODY
-  STRENGTH & CONDITIONING
-  CARDIO FITNESS
-  FUNCTIONAL TRAINING

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 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.

## 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.

## 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.

## DANCE FIT

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.

## FOUNDATION STRENGTH

Our Foundation strength classes are 100% focused on building a strong base line for lifting correctly and efficiently. This class is suitable for all levels.

## FUNCTIONAL STRENGTH

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

## 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.

## RHYTHM + GROOVE

This class is designed to gently introduce you to the world of dance. 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.

## HYBRID

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

## 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.

## STRETCH & RELEASE

This class is for anyone who wants to stay flexible, reduce muscle tightness, and avoid injury. It's the perfect opportunity to give back to your body. If you are tired, sore or injured, use this class to stretch, mobilise and rebalance your mind and body. We incorporate active and passive stretching, along with foam rolling to ease muscle tension and aid in recover. Suitable for all levels.

## 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.

## 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.



**SCAN THE QR  
CODE TO BOOK  
A CLASS NOW**