

Group Fitness Classes

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GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)		
6:15am			BOOTCAMP 45min (Outdoor)				
7:00am	BARRE 55min (Les Mills)	BOXING 45min					
7:15am	PRIDE MOVERS 60min		PRIDE MOVERS 45min		PRIDE MOVERS 45min		
8:30am			BODY BALANCE 55min (Les Mills)				
9:00am				BODY PUMP 55min (Les Mills)		BODY ATTACK 55min (Les Mills)	BODY PUMP 55min (Les Mills)
9:30am	ZUMBA GOLD 55min		B ACTIVE LONGER 45min (Circuit)		BODY PUMP 55min (Les Mills)		
10:00am						BODY PUMP 55min (Les Mills)	
10:30am		BODY PUMP 55min (Les Mills)	BODY PUMP 55min (Les Mills)	STRENGTH 4 LIFE 55min (Seniors)	B ACTIVE LONGER 45min (Circuit)		
11:00am	B ACTIVE LONGER 45min (Circuit)						
4:00pm	B ACTIVE LONGER 45min (Circuit)						BODY PUMP 55min (Les Mills)
4:30pm			BODY STEP 55min (Les Mills)				
5:00pm						BODY PUMP 55min (Les Mills)	
5:30pm	BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)	BODY PUMP 55min (Les Mills)	ZUMBA 55min		
6:30pm	PRIDE MOVERS 55min	BODY PUMP 55min (Les Mills)		ZUMBA 55min			
6:45pm		BOXING 45min					
7:30pm	BODY BALANCE 55min (Les Mills)						

Group Fitness Classes

TIMETABLE

FUNCTIONAL TRAINING ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am		B ACTIVE FUNCTIONAL 30min (Aerobic)				
	6:30am		B ACTIVE FUNCTIONAL 30min (Aerobic)				
	7:00am						
	7:15am	B ACTIVE FUNCTIONAL 30min	B ACTIVE FUNCTIONAL 45min (Strength)		B ACTIVE FUNCTIONAL 45min (Strength)	B ACTIVE FUNCTIONAL 45min	
	9:00am					B ACTIVE FUNCTIONAL 45min	
	9:30am		B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	BOXING 45min	B ACTIVE LONGER 45min (Circuit)	B ACTIVE FUNCTIONAL 45min
	9:30am	B ACTIVE LONGER 45min (Circuit)					
	9:45am					B ACTIVE FUNCTIONAL 45min	
	10:30am	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Aerobic)		
	11:00am						
	4:30pm		BOXING 45min				
	5:30pm	B ACTIVE FUNCTIONAL 45min	B ACTIVE FUNCTIONAL 45min				
	5:45pm		B ACTIVE FUNCTIONAL 45min (Strength)	B ACTIVE FUNCTIONAL 45min (Strength)			
	6:00pm	CORE 45min (Les Mills)					
	6:15pm		PRIDE MOVERS 45min				
	6:30pm	BODY ATTACK 55min (Les Mills)					
	6:45pm			BOXING 45min			

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Group Fitness Classes

TIMETABLE

REFORMER STUDIO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		
	7:15am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		
	8:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	9:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	10:00am						REFORMER PILATES 45min	REFORMER PILATES 45min
	11:00am	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min
	12:00pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		
	3:00pm							REFORMER PILATES 45min
	5:15pm						REFORMER PILATES 45min	
	5:30pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min			
	6:30pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min			

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Group Fitness Classes

WELLNESS STUDIO	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	6:30am								PILATES 50min					
	7:00am				PILATES 55min		YOGA FLOW 55min							
	8:00am										PILATES 55min			
	8:15am						BARRE 45mins							
	8:30am												YOGA ALIGN 55min	
	9:00am		PILATES 55min								PILATES 55min			
	9:35am												PRIDE MOVERS 55min	
	10:30am		YOGA ALIGN 55min										YOGA FLOW 60min	
	11:00am				YOGA CALM 55min		YOGA 55mins		YOGA FLOW 55min		BODY BALANCE 55min (Les Mills)			
	11:30am						B ACTIVE LONGER 45min							
	12:00pm		YOGA FLOW 55min				YOGA CALM 55min		YOGA FLOW 55min					
	12:30pm	YOGA FLOW 55min												
	1:30pm	YOGA FLOW 55min												
	4:00pm										PILATES 55min			
	4:30pm	PILATES 55min												
	5:00pm												BODY BALANCE 60min (Les Mills)	
	5:05pm												PILATES 55min	
	5:30pm		BODY BALANCE 55min (Les Mills)				YOGA FLOW 55min		BODY BALANCE 55min (Les Mills)					
	6:30pm				YOGA FLOW 55min									
	7:00pm		YOGA FLOW 55min											
	7:30pm				PILATES 55min		PILATES 55min							
	8:00pm		PILATES 55min											

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Aquatics Classes

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25M POOL	8:00am	AQUA SHALLOW 45min		AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		
	8:15am		AQUA FIT 45min					
	9:00am	AQUA RUNNING 45min						
	1:00pm							
	1:30pm	AQUA SHALLOW 45min						
	2:00pm							
	3:15pm						AQUA SHALLOW 45min	
	4:00pm							AQUA SHALLOW 45min
	4:15pm						AQUA SHALLOW 45min	
	7:00pm		AQUA SHALLOW 45min					
	7:30pm				AQUA SHALLOW 45min			

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Cycle and Gym Classes

TIMETABLE

CYCLE ROOM OR GYM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am					RPM 55min (Les Mills)		
	6:15am		RPM 55min (Les Mills)		RPM 55min (Les Mills)			
	9:00am						CYCLE 55min	
	9:30am	CYCLE 45min	CYCLE 45min	CYCLE 45min				
	10:00am							RPM 55min (Les Mills)
	10:30am				B ACTIVE LONGER 45min (Circuit)			
	12.00pm	RPM VIRTUAL 45min	RPM VIRTUAL 50min	RPM VIRTUAL 50min		RPM VIRTUAL 45min	RPM VIRTUAL 50min	RPM VIRTUAL 45min
	5.30pm		RPM 55min (Les Mills)					
	6.00pm			RPM 55min (Les Mills)	RPM 45min			
	6:30pm	RPM 55min (Les Mills)						

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Group Fitness Classes

TIMETABLE

AQUA SHALLOW

Low impact class in shallow water to improve mobility and general fitness. All aqua classes delivered in shallow water fall under Aqua Shallow

AQUA RUNNING

Running based workout in deep water with zero impact

CYCLE

Cycle is an indoor cycling class that has great fat-burning effects. It will improve your cardio fitness and endurance while you pedal to great music! Helping push you through any of your barriers and achieve the fitness results you want.

BOOTCAMP

A circuit-based class typically facilitated outdoors, it combines a mixture of cardio and strength-based exercises in order to create a holistic approach to training. These classes have a high intensity but can cater to a variety of fitness levels.

ZUMBA

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

BODYSTEP – LES MILLS

BODYSTEP is a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP athletic class, you combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body as well.

BODYATTACK – LES MILLS

BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenging your limits in a good way and leaving you with a sense of achievement.

BODYCOMBAT – LES MILLS

Step into a BODYCOMBAT workout and you'll punch and kick your way to your fitness goals. This high-energy martial-arts inspired workout is non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round.

BODY BALANCE – LES MILLS

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY PUMP – LES MILLS

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Get pumped with encouragement, motivation and great music.

CORE – LES MILLS

Exercising muscles around the core, Les Mills Core™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together. A 30-45 minute workout with resistance tubes and weight plates, body weight exercises like crunches, and hovers.

RPM – LES MILLS

RPM™ is a group indoor cycling workout where you control the intensity. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

ZUMBA GOLD

Perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity, with choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

B ACTIVE LONGER – CIRCUIT

B Active Longer – Circuit

B ACTIVE LONGER – AEROBIC

A low impact class designed to increase cardiovascular fitness, balance and coordination. It combines the key components of physical fitness and a great way to increase your step count.

B ACTIVE FUNCTIONAL

Strength based training using functional, multi directional movements

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Group Fitness Classes

TIMETABLE

RPM VIRTUAL

RPM™ is a group indoor cycling workout where you control the intensity in a fun and low impact way. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Reach your cardio peak, keeping pace with the pack to lift your performance and boost your cardio fitness.

PILATES

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

NOTE: Please bring your own mat

TAI CHI

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

NOTE: Please bring your own mat

VINYASA YOGA

VINYASA is a creative flow, combining fluid movement which is accessible yoga poses around an emphasis on linking breath with movement to nourish the mind, body and soul. You will explore pranayama, and mindfulness meditation.

NOTE: Please bring your own mat

YOGA ALIGN

Slow paced, technique focused to build confidence and improve alignment.

YOGA CALM

Slow, restorative class for relaxation and recovery.

YOGA FLOW

Dynamic, continuous movement building strength, mobility and fitness

STRENGTH 4 LIFE - SENIORS

STRENGTH 4 LIFE promotes health and well-being through strength and balance training programs for over 50s. All sessions are facilitated by a fully qualified and accredited fitness instructor. An assessment is undertaken for every client and a personalised program is designed for progressive strength.

BOXING

Boxing is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

PRIDE MOVERS

Inclusive class creating a safe space for LGBTQ+ participants and allies to move and build confidence

AQUA FIT

Aqua Fit is the perfect choice for those with injuries or limitations. These beginner classes introduce you to the joy of working out and improving mobility without any worries about strain or injury.

BARRE

Barre combines traditional ballet fundamentals with elements of balance, conditioning, stretching and relaxation / breathing. Barre has been engineered to provide you with a class that will provide you with the grace and poise of traditional ballet. It will get your heart pumping, strengthen and tone muscle, develop balance, and give you a great stretch.

REFORMER PILATES

Reformer Pilates is designed for all fitness and ability levels, offering all the benefits of Pilates including overall strength, flexibility, coordination and balance. These benefits, in turn, lead to daily life improvements including better posture, graceful and efficient movement, and for many; relief from pain associated with physical imbalances.

PRIDE MOVERS

A high intensity training (HIT) class for the LGBTIQ+ community and allies. Build strength, improve cardio and expect plenty of sweat, along with a strong sense of community!

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