

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)	ZUMBA 55min		
6:30pm	PRIDE MOVERS 55min	BODY PUMP 55min (Les Mills)	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 (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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER STUDIO	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
	12:00pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		REFORMER PILATES 45min	
	4:00pm						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			BODY COMBAT 45min (Virtual)			
1:30pm	YOGA FLOW 55min			CORE VIRTUAL 45min (Virtual)			
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

TIMETABLE

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

	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)						

CYCLE ROOM OR GYM

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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.

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.

PRIDE MOVERS

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

BODY ATTACK – 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, burning up to 730 calories and leaving you with a sense of achievement.

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. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

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. It's fun, low impact and you can burn up to 675 calories in a session. 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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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.

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