

Group Fitness Classes

TIMETABLE

GROUP FITNESS ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30am	HIIT 45min	CIRCUIT 45min	BODY PUMP 45min (Virtual)	BODY ATTACK 45min (Virtual)	BODY PUMP 45min (Les Mills)		
	7:30am	BODY ATTACK 45min (Virtual)			BODY BALANCE 45min (Virtual)			
	8:00am						BODY ATTACK 45min (Virtual)	BODY PUMP 45min (Virtual)
	8:30am		CORE 30min (Virtual)		CORE 45min (Virtual)			
	8.45am			CIRCUIT 45min		CIRCUIT 45min		
	9:30am	STRENGTH 4 LIFE 45min (Seniors)	BODY PUMP 50min (Les Mills)	YOGA FLOW 55min (starts at 9:35)	BODY PUMP 45min (Les Mills)	BODY BALANCE 50min (Les Mills)	BODY PUMP 45min (Les Mills)	CIRCUIT 45min
	10:30am	BODY BALANCE 55min (Les Mills)	ZUMBA 50min	CORE 45min (Virtual)	BODY BALANCE 55min (Les Mills)	ZUMBA 55min	BODY BALANCE 55min (Les Mills)	ZUMBA 50min
	11:30am		BODY BALANCE 45min (Virtual)		B ACTIVE LONGER 45min (Circuit)		VIRTUAL LM DANCE 45min (Les Mills)	BODY BALANCE 55min (Virtual)
	12:00pm	B ACTIVE LONGER 50min (Circuit)						
	1:00pm	BODY PUMP 45min (Virtual)	BODY BALANCE 45min (Virtual)	BODY ATTACK 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	BODY PUMP 45min (Virtual)	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min
	4:00pm	VIRTUAL LM DANCE 45min (Les Mills)	BODY ATTACK 45min (Virtual)	BODY COMBAT 45min (Virtual)	BODY BALANCE 45min (Virtual)	CORE 45min (Virtual)	YOGA FLOW 45min	BODY COMBAT 45min (Virtual)
	5:00pm	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	CORE 45min (Virtual)	YOGA FLOW 50min
	5:30pm	BODY PUMP 50min (Les Mills)	PILATES 50min	BODY PUMP 45min (Les Mills)	CIRCUIT 45min	BODY COMBAT 45min (Virtual)		
	6:30pm	CORE 45min (Les Mills)	BODY PUMP 45min (Les Mills)	ZUMBA 50min	BODY PUMP 45min (Les Mills)			
	7:30pm	YOGA FLOW 55min	BOXING 50min	BODY BALANCE 50min (Virtual)	YOGA FLOW 55min	BODY BALANCE 45min (Virtual)		

•At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions. Class times subject to change.

Aquatics Classes

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25M POOL	6:00am	SWIM SQUAD 60min	SWIM SQUAD 60min	SWIM SQUAD 60min	SWIM SQUAD 60min	SWIM SQUAD 60min		
	8:00am	AQUA SHALLOW 45min		AQUA SHALLOW 45min		AQUA SHALLOW 45min		
	9:00am	DEEP WATER RUNNING 45min		AQUA SHALLOW 45min		DEEP WATER RUNNING 45min		
	7:15pm							

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Reformer Studio

TIMETABLE

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

DEEP WATER RUNNING

Deep water running 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.

CIRCUIT

Circuit Classes

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.

HIIT

High Intensity Interval Training allows you to pair hard-hitting exercise periods with short rest breaks for a wide range of health benefits.

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.

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.

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.

LM DANCE

LM DANCE™ is a high-energy workout that will reinvent the way you move and sweat! Inspired by global dance genres and designed by dancers. Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres."

B ACTIVE LONGER – CIRCUIT

B Active Longer – Circuit

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.

SWIM SQUAD

A swim squad is a structured group training session led by a professional coach. It focuses on improving stroke technique, building cardiovascular fitness, and mastering racing skills.

GRIT – LES MILLS

A 30-minute LES MILLS GRIT™ workout is fast, fierce and pushes you to the edge. GRIT Strength blends HIIT and weight training to build lean muscle and cardio fitness. GRIT Cardio uses bodyweight drills for speed and stamina. GRIT Athletic often uses a step for explosive agility training. Expect intensity, empowerment and pride.

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BODY BALANCE VIRTUAL

Ideal for everyone, BODYBALANCE™ is the yoga-based class. 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 COMBAT – LES MILLS

BODY COMBAT is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for releasing stress and improving your co-ordination.

BODY PUMP VIRTUAL

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.

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 with strength exercises such as push-ups and squats.

CORE VIRTUAL

CORE is a fitness class designed to increase strength of muscles providing stability for the spine, pelvis, ribs and hips. Walk taller, feel stronger, improve balance, assist injury prevention, and become better at moving with increased core awareness in daily movements. May include a variety of equipment.

VIRTUAL LM DANCE – LES MILLS

LM DANCE™ is a high-energy workout that will reinvent the way you move and sweat! Inspired by global dance genres and designed by dancers. Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres.

MEDITATION

This class is more than just a guided MEDITATION. This is a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.

NOTE: Please bring your own mat

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

YOGA FLOW

Dynamic, continuous movement building strength, mobility and fitness

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