

Group Fitness Classes

TIMETABLE

*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.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GROUP FITNESS ROOM	6:15am	BODY PUMP 45min (Les Mills)	HIIT 45min	CIRCUIT 45min	CIRCUIT 45min	HIIT 45min			
	7:15am	BODY BALANCE 45min (Virtual)	BODY BALANCE 60min (Virtual)	BODY BALANCE 60min (Virtual)	BODY BALANCE 60min (Virtual)				
	7:30am					PILATES 55min			
	8:30am	PILATES 55min (Virtual)		BOXING 45min			CIRCUIT 45min		
	9:00am							CIRCUIT 45min	
	9:30am		STRENGTH & CORE 50min	BODY PUMP 45min (Les Mills)	CIRCUIT 45min	PILATES 55min (Women's Only)	BODY PUMP 55min (Virtual)	ZUMBA 50min	
	10:00am	PILATES 55min						YOGA FLOW 55min	
	10:30am		ZUMBA GOLD 45min	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 55min (Circuit)	BOXING 45min	BODY PUMP 45min (Les Mills)		
	11:00am	B ACTIVE LONGER 45min (Circuit)							
	12:00pm						BALANCE & ABS 45min (Women's Only)	BODY PUMP 45min (Virtual)	
	12:30pm						CORE 45min (Virtual)	CORE 45min (Virtual)	
	3:00pm						BODY ATTACK 60min (Virtual)	BODY COMBAT 60min (Virtual)	
	4:00pm						BODY BALANCE 60min (Virtual)	BODY BALANCE 60min (Virtual)	
	5:30pm			CIRCUIT 45min					
	6:00pm	BODY PUMP 50min (Les Mills)	HIIT 45min						
	6:15pm				BOOTCAMP 45min				
	6:30pm			BODY PUMP 50min (Les Mills)					
7:00pm				ZUMBA 50min (Women's Only)					
7:30pm			YOGA FLOW 55min						

Aquatics Classes

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25M POOL	7:30am		AQUA SHALLOW 45min					
	8:30am	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		AQUA SHALLOW 45min
	9:30am	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		AQUA SHALLOW 45min
	1:30pm						AQUA SHALLOW 45min	
	7:00pm	AQUA SHALLOW 45min		AQUA SHALLOW 45min				

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Cycle and Gym Classes

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am							
9:30am					YOGA FLOW 55min		
11:15am					B ACTIVE LONGER 45min (Strength)		
12:00pm							
5:30pm	CIRCUIT 45min	BOXING 45min					
6:30pm							

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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.

CIRCUIT

Circuit Classes.

HIIT

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

STRENGTH & CORE

WOMENS FITNESS

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.

ZUMBA GOLD

Zumba Gold - Seated is a modified version of Zumba Gold, Delivered entirely seated. Improve your cardio fitness, muscle tone, range of movement and posture using a chair for support. Zumba Gold - Seated allows you to enjoy easy-to-follow dance movements designed to suit a variety of abilities.

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.

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

B ACTIVE LONGER - CIRCUIT

B ACTIVE LONGER - STRENGTH

BODY ATTACK VIRTUAL

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.

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 VIRTUAL

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 burning fat, 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.

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.

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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