

# Group Fitness Classes

## TIMETABLE

### GROUP FITNESS ROOM

|         | MONDAY                                       | TUESDAY                                | WEDNESDAY                                   | THURSDAY                                 | FRIDAY                                   | SATURDAY                                     | SUNDAY                                 |
|---------|----------------------------------------------|----------------------------------------|---------------------------------------------|------------------------------------------|------------------------------------------|----------------------------------------------|----------------------------------------|
| 6:30am  | <b>BODYPUMP</b><br>45min                     | <b>CIRCUIT</b><br>45min                | <b>BODY PUMP</b><br>45min                   | <b>BODY ATTACK</b><br>45min (Virtual)    | <b>BODY PUMP</b><br>45min (Les Mills)    |                                              |                                        |
| 7:30am  | <b>BODY ATTACK</b><br>45min (Virtual)        |                                        |                                             | <b>BODY BALANCE</b><br>45min (Virtual)   |                                          |                                              |                                        |
| 8:00am  |                                              |                                        |                                             |                                          |                                          | <b>BODY ATTACK</b><br>45min (Virtual)        | <b>BODY PUMP</b><br>45min (Virtual)    |
| 8:30am  |                                              | <b>CORE</b><br>30min (Virtual)         |                                             | <b>CORE</b><br>45min (Virtual)           |                                          |                                              |                                        |
| 8.45am  |                                              |                                        | <b>CIRCUIT</b><br>45min                     |                                          | <b>CIRCUIT</b><br>45min                  |                                              |                                        |
| 9:30am  | <b>LES MILLS TONE</b><br>45min               | <b>BODY PUMP</b><br>50min (Les Mills)  | <b>HATHA YOGA</b><br>55min (starts at 9:35) | <b>BODY PUMP</b><br>45min (Les Mills)    | <b>BODY BALANCE</b><br>50min (Les Mills) | <b>BODY PUMP</b><br>45min (Les Mills)        | <b>CIRCUIT</b><br>45min                |
| 10:30am | <b>BODY BALANCE</b><br>55min (Les Mills)     | <b>ZUMBA</b><br>50min                  | <b>CORE</b><br>45min (Virtual)              | <b>BODY BALANCE</b><br>55min (Les Mills) | <b>ZUMBA</b><br>55min                    | <b>BODY BALANCE</b><br>55min (Les Mills)     | <b>ZUMBA</b><br>50min                  |
| 11:30am | <b>B ACTIVE MOVE</b><br>50min                | <b>B ACTIVE MOVE</b><br>50min          |                                             | <b>B ACTIVE MOVE</b><br>50min            |                                          | <b>VIRTUAL LM DANCE</b><br>45min (Les Mills) | <b>BODY BALANCE</b><br>55min (Virtual) |
| 12:00pm |                                              |                                        |                                             |                                          |                                          |                                              |                                        |
| 1:00pm  | <b>BODY PUMP</b><br>45min (Virtual)          | <b>BODY BALANCE</b><br>45min (Virtual) | <b>BODY ATTACK</b><br>45min (Virtual)       | <b>CORE VIRTUAL</b><br>45min (Virtual)   | <b>BODY PUMP</b><br>45min (Virtual)      | <b>VIRTUAL GRIT</b><br>30min                 | <b>VIRTUAL GRIT</b><br>30min           |
| 4:00pm  | <b>VIRTUAL LM DANCE</b><br>45min (Les Mills) | <b>BODY ATTACK</b><br>45min (Virtual)  | <b>BODY COMBAT</b><br>45min (Virtual)       | <b>BODY BALANCE</b><br>45min (Virtual)   | <b>CORE</b><br>45min (Virtual)           | <b>YOGA FLOW</b><br>45min                    | <b>BODY COMBAT</b><br>45min (Virtual)  |
| 5:00pm  | <b>VIRTUAL GRIT</b><br>30min                 | <b>VIRTUAL GRIT</b><br>30min           | <b>VIRTUAL GRIT</b><br>30min                | <b>VIRTUAL GRIT</b><br>30min             | <b>VIRTUAL GRIT</b><br>30min             | <b>CORE</b><br>45min (Virtual)               | <b>YOGA FLOW</b><br>50min              |
| 5:30pm  | <b>BODY PUMP</b><br>50min (Les Mills)        | <b>PILATES</b><br>50min                | <b>BODY PUMP</b><br>45min (Les Mills)       | <b>CIRCUIT</b><br>45min                  | <b>BODY COMBAT</b><br>45min (Virtual)    |                                              |                                        |
| 6:30pm  | <b>CORE</b><br>45min (Les Mills)             | <b>BODY PUMP</b><br>45min (Les Mills)  | <b>ZUMBA</b><br>50min                       | <b>BODY PUMP</b><br>45min (Les Mills)    |                                          |                                              |                                        |
| 7:30pm  | <b>YOGA FLOW</b><br>55min                    | <b>BOXING</b><br>50min                 | <b>BODY BALANCE</b><br>50min (Virtual)      | <b>YOGA FLOW</b><br>55min                | <b>BODY BALANCE</b><br>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<br>60min            | SWIM SQUAD<br>60min | SWIM SQUAD<br>60min   | SWIM SQUAD<br>60min | SWIM SQUAD<br>60min            |          |        |
|          | 8:00am | AQUA SHALLOW<br>45min          |                     | AQUA SHALLOW<br>45min |                     | AQUA SHALLOW<br>45min          |          |        |
|          | 9:00am | DEEP WATER<br>RUNNING<br>45min |                     |                       |                     | DEEP WATER<br>RUNNING<br>45min |          |        |
|          | 7:15pm |                                |                     |                       |                     |                                |          |        |

•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.

# Reformer Studio

## TIMETABLE

### REFORMER STUDIO

|         | MONDAY                    | TUESDAY                   | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY                  | SUNDAY                    |
|---------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 6:30am  |                           |                           |                           | REFORMER PILATES<br>45min |                           |                           |                           |
| 7.30am  |                           | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min |                           | REFORMER PILATES<br>45min |                           |                           |
| 8.30am  |                           |                           |                           |                           |                           | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min |
| 8:45am  | REFORMER PILATES<br>45min |                           |                           |                           |                           |                           |                           |
| 9:30am  |                           |                           |                           |                           |                           | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min |
| 11:30am |                           | REFORMER PILATES<br>45min |                           |                           |                           |                           |                           |
| 12.00pm |                           |                           | REFORMER PILATES<br>45min |                           | REFORMER PILATES<br>45min |                           |                           |
| 5:30pm  | REFORMER PILATES<br>45min |                           | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min |                           |                           |                           |
| 6:30pm  | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min | REFORMER PILATES<br>45min |                           |                           |

•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

### 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.

### 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.

•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.

# Group Fitness Classes

## TIMETABLE

### B ACTIVE MOVE

A fun, low-impact class designed for seniors and beginners. Combining gentle strength, cardio, and balance exercises, this class helps improve mobility, confidence, and overall fitness in a supportive and welcoming environment.

### 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.

### 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.

### CIRCUIT

A station-based workout combining strength and cardio exercises to improve fitness, endurance, and overall conditioning. Suitable for all fitness levels, with options to progress or modify each exercise.

### 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.

### HATHA YOGA

Foundational style yoga that balances physical postures with breathing techniques. Slower-paced and focusses on holding poses to build strength and flexibility. Suited for all fitness levels and modifications are provided.

### MAT PILATES

MAT 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

### 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.

### TONE – LES MILLS

A full-body, multi-training workout blending cardio, strength and core. It's the ultimate way to boost strength and aerobic fitness while increasing coordination, agility, balance, and explosive power. Suitable for all fitness levels, with exercises that can be modified to match your ability.

### YOGA FLOW

Dynamic, continuous movement building strength, mobility and 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.

- 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.

# Group Fitness Classes

## TIMETABLE

### 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 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.

### VIRTUAL GRIT

A 30-minute VIRTUAL 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.

### 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.

•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.