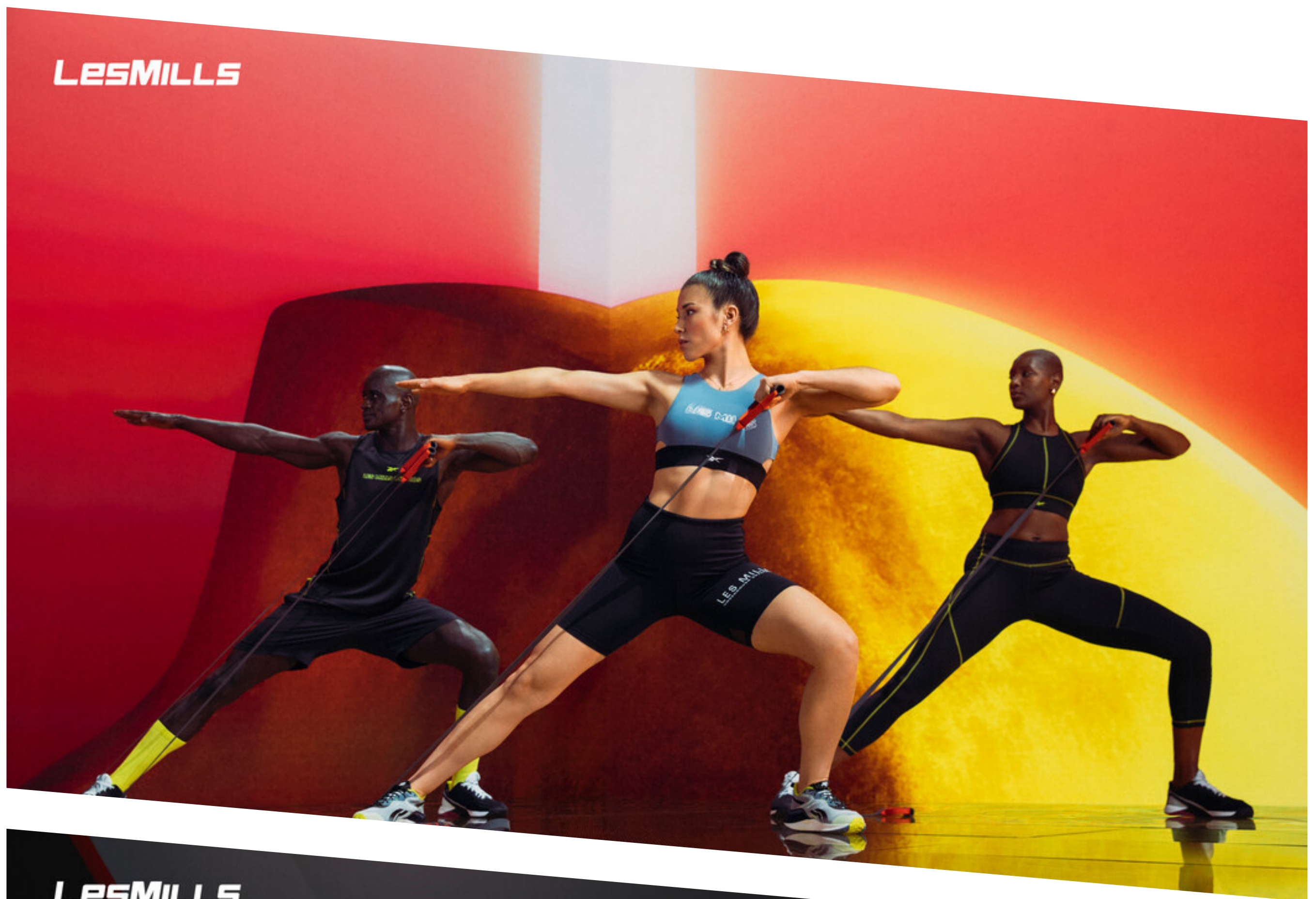


GROUP FITNESS TIMETABLE



EVERY JOURNEY HAS A BEGINNING

BEGIN

BOOK IN WITH A
TRAINER
TODAY

Spin Studio	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
8:00am				LES MILLS RPM Mel (45)
9:30am			FREESTYLE HIIT CYCLE Clara (45)	
9:00am	LES MILLS RPM Mel (45)			
6:00pm		LES MILLS RPM Jako (45)		











Gym Floor/ Functional Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	WOD		WOD			
6:00am					Functional	
7:00am						Bootcamp
9:00am		Functional				
9:45am	Pin-Loaded		Pin-Loaded	Pin-Loaded		



EXERCISE
PHYSIOLOGY

Michael Clarke
Recreation Centre
Enquire today



Studio 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	 STEP Clara (45)	LES MILLS BODYPUMP Alecia (45)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS GRIT Elise (30)			
8:00am							 STEP Clara (45)
9:00am	 STEP Gwen (30)	LES MILLS CORE Alecia (30)	 BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	
9:30am		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODY SCULPT Chris (60)	LES MILLS SH'BAM Rose (45)		
9:45am	LES MILLS BODYPUMP Mel (45)						
11:00am							
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (30)	LES MILLS CORE Jako (30)	LES MILLS BODYCOMBAT May (55)	LES MILLS BODYATTACK Clara (55)		
6:00pm	BODY SCULPT Chris (60)	 BOXFIT Chris (45)					
6.15pm			 ZUMBA Jo.S (60)				
6:30pm				LES MILLS BODYPUMP Fariba (55)			
6:45pm		LES MILLS BODYPUMP Chris (45)					
7:00pm	 ZUMBA Jo (60)						

Wellness Classes	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
9:00am				 Jeremy (60) Studio 1
9:30am	 Leanne (60) Spin Studio	 Christina (60) Spin Studio		
7:00pm			 Leanne (60) Spin Studio	

CLASS DESCRIPTIONS

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

Les Mills GRIT: A 30-minute HIIT workout designed to improve strength and build lean muscle.

Les Mills CORE: A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

Les Mills Sh'Bam: A fun-loving, insanely addictive dance workout. No dance experience required.

Les Mills Bodybalance: Ideal for anyone and everyone, this is a new generation yoga class that will improve your mind, your body and your life. Inspired by simple yoga moves, elements of Tai Chi and Pilates.

Les Mills RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

Pin-Loaded: A multi-station workout designed to build strength through a combination of pin-loaded equipment.

Functional: A functional workout is focused on building a body capable of doing real-life activities in real-life positions. Movements such as squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine

Bootcamp/HIIT: Strength/cardio based functional training done at a high intensity utilising bodyweight, dumbbells, TRX, kettlebells and more.

Bodysculpt: An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

STEP: A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

Boxfit: A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

Zumba: Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

Yoga: Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

Freestyle Cycle/ HIIT: Come along for the ride and prep yourself for a different ride every time with our indoor freestyle cycling class.

GOLD Active: Gentle exercises designed for our over 55s. A low impact, fun and safe workout designed to keep you moving.

WOD: Workout of the day! Created by our instructors to ensure you get the best out of your session when you attend this 30min class. Great for after a heavy strength session.



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