



<b>STUDIO</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Les Mills® BodyPump 45 mins	Les Mills® GRIT Strength	HIIT 45 mins	Body Conditioning 45 mins	HIIT 45 mins		
7.00am					BodyFit 45 mins	Les Mills® GRIT Strength	
8.00am	Mat Pilates	BodyFit 45 mins	7:45am Yoga	8:05am BodyFit 45 mins	Mat Pilates	Les Mills® BodyPump™ 45 mins	
9.00am	BodyFit 45 mins	Les Mills BodyPump™ 45 mins	Les Mills® GRIT Strength		Body Conditioning 45 mins	Yoga	Les Mills BodyPump™ 45 mins
9.15am				Les Mills BodyPump™ 45 mins			
10.00am	Yoga		9:45am Zumba		Yoga		Yoga
10.15am		Mat Pilates		Mat Pilates		Mat Pilates	
12.00noon	Low-impact Exercise		Low-impact Exercise			2:00pm Yoga	
4.15pm				Zumba			
4.30pm	HIIT 45 mins	Les Mills BodyPump™ 45 mins	Mat Pilates (4.45pm)				
5:00pm					Mat Pilates		
5.30pm	Yoga (5:35pm)	HIIT 30min (5:45pm)		Les Mills® BodyPump 45 mins			
6.00pm			Strength & Mobility				
6.30pm		Yoga		Yoga			

<b>CYCLE STUDIO</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5.30am	5.30am	Sprint - 5.15am	5.30am	Sprint - 5.30am		
	Sprint - 8.45am	Freestyle - 9.15am	Sprint - 6.00am	8.30am	9.15am	7.05am	8.00am
	Sprint - 9.30am	Sprint - 5.30pm	9.15am	4.15pm	4pm	Sprint - 8.30am	
	4.45pm		Sprint - 12.30pm	Sprint - 5.30pm			
			5.30pm				

<b>POOL</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Zumba 20m Pool	DWEX		
7.30am						DWEX	
9.00am		DWEX Intensive		DWEX Intensive			
10.15am	DWEX		DWEX		DWEX		
12.00pm	Aqua Fit 20m Pool	Aqua Fit 20m Pool	Aqua Fit 20m Pool		Aqua Zumba 20m Pool		
5.30pm		DWEX		DWEX			

<b>GYM / OUTDOOR</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Community Walking Group	Boxing Circuit	Community Walking Group		Community Walking Group		
8.30am	HIIT 45 mins (9.15am)					HIIT 45 mins	
9.30am					HIIT 45 mins		
11.00am	TRX		TRX				
6.00pm		Running Club					

\* Timetable subject to change and some charges may apply. For the latest information check the Group Exercise Board, speak to your instructor or call Reception on (07) 5500 9988.



Bookings are required for all classes through the member portal.

## AQUAFIT

A low-impact, power-packed class in the indoor pool that combines cardio and toning exercises using water as your resistance.

## AQUA ZUMBA

Aqua Zumba is a latin-inspired, easy-to-follow dance class performed to music in the shallow 20m pool.

## BODYPUMP

A non-impact workout using an adjustable barbell that challenges every major muscle in your body. Guaranteed to tone and shape.

## BODYFIT

A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.

## BODY CONDITIONING

Tone and shape every inch of your body using weights, barbells and lower body resistance techniques.

## BOXING CIRCUIT

Rotate between strength, conditioning and cardiovascular exercise, using a variety of equipment including mitts, pads, skipping ropes and weights.

## DEEP WATER EXERCISE

Water-resistance running and conditioning class in our outdoor heated pool using buoyancy belts and water noodles.

## FREESTYLE SPIN


Break free from the usual pre-choreographed workout and enjoy an instructor-led, fun but challenging cycle workout. Suitable for all fitness levels.

## GRIT

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Using barbells, weight plates and body weight exercises GRIT will blast all major muscle groups. Your coaches will be down on the floor with you, motivating you to go harder to get fit, fast. With options to cater to all levels of fitness GRIT is sure to get you rapid results!

## HIGH INTENSITY INTERVAL TRAINING (HIIT)

A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Classes are 45mins or 1 hour, so remember to check your timetable!

 Cardio

 Strength

 Flexibility

## LOW-IMPACT EXERCISE

Circuit session by allied health professionals with rehab knowledge & expertise, educating & optimising body movement.

## PILATES

Increase core strength, flexibility and become more body aware.

## RPM

A high-energy indoor cycling class that's a great cardio workout. Match terrain with tempo, experience rolling hills, winding roads, sprints and intervals.

## RUN CLUB

Interval based running session on the IAAF Athletics Track. Suitable for all abilities to improve running/cardio fitness and technique.

## SPRINT

If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

## STRENGTH & MOBILITY

Activate major muscle groups and increase your range of motion with this strength building class targeted at improving functional movement. Suitable for all ages and abilities.

## TRX

Small group training using the TRX in the gym focusing on strength, balance and coordination.

## YOGA

Relieve stress and improve flexibility, strength, balance, posture and circulation. Learn to connect the body and mind through breathing.

## ZUMBA

High and low intensity moves for an interval style, calorie burning dance fitness party. Exercise in disguise!!

\*\*\*Reminder to bring your own aqua belt and mat.