

# SUMMER 2020 CLASS TIMETABLE

COMMENCING Monday 6th January - Sunday 5th April 2020

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME:	SATURDAY	SUNDAY
<b>GROUP FITNESS STUDIO - STUDIO 1</b>								
5:00 AM	LES MILLS <b>BODYPUMP</b> 45 min	<b>INDOOR BOOTCAMP</b> Paige (40)	LES MILLS <b>CXWORX</b> 30 min	<b>FUNCTIONAL FIT</b> Vanesa (40)	5:30 AM LES MILLS <b>BODYPUMP</b> Priscilla (60)	7:00 AM	LES MILLS <b>GRIT</b> Nathan (30)	LES MILLS <b>BODYPUMP</b> 45 min
5:45 AM	<b>FUNCTIONAL FIT</b> Paige (45)	LES MILLS <b>BODYSTEP</b> Susan (45)	metafit HIT TRAINING Vanesa (30)	LES MILLS <b>BODYATTACK</b> Coran (45)		7:45 AM	<b>FUNCTIONAL FIT</b> Cody (45)	LES MILLS <b>GRIT</b> CARDIO 30 min
6:45 AM	LES MILLS <b>CXWORX</b> 30 min	LES MILLS <b>BODYPUMP</b> 60 min	LES MILLS <b>BODYBALANCE</b> 30 min	LES MILLS <b>GRIT</b>   STRENGTH 30mins	LES MILLS <b>BODYCOMBAT</b> 45 min	8:45 AM	LES MILLS <b>BODYSTEP</b> Rotating 45 min	LES MILLS <b>BODYCOMBAT</b> 60 min
7:30 AM	<i>Up &amp; Active Seniors</i> AEP (45)		LES MILLS <b>BODYPUMP</b> 45 min	<i>Up &amp; Active Seniors</i> AEP (45)	<i>Up &amp; Active Seniors</i> AEP (45)	9:45 AM	LES MILLS <b>CXWORX</b> 30 min	LES MILLS <b>BODYBALANCE</b> 30 min
8:30 AM	LES MILLS <b>CXWORX</b> 30 min	LES MILLS <b>GRIT</b>   CARDIO 30 min	LES MILLS <b>BODYCOMBAT</b> 30 min	LES MILLS <b>BODYPUMP</b> 30 min	LES MILLS <b>GRIT</b>   PLYO 30 min	10:15 AM	LES MILLS <b>BODYCOMBAT</b> 60 min	LES MILLS <b>SHBAM</b> 45 min
9:15 AM	<b>FUNCTIONAL FIT</b> Vanesa (45)	<b>ABT</b> Coral (45)	<b>EXPRESS HIT</b> Coral (45)	<b>INDOOR BOOTCAMP</b> Vanesa (45)	LES MILLS <b>BODYSTEP</b> Ursula/Nathan (45)	11:30 PM	LES MILLS <b>BODYPUMP</b> 60 min	LES MILLS <b>CXWORX</b> 60 min
10:15 AM	LES MILLS <b>BODYBALANCE</b> 30 min	LES MILLS <b>GRIT</b>   STRENGTH 30 min	LES MILLS <b>GRIT</b>   CARDIO 30 min	LES MILLS <b>BODYPUMP</b> 60 min	LES MILLS <b>SHBAM</b> 45 min			
11:00 AM	LES MILLS <b>BODYPUMP</b> Danah (45)	LES MILLS <b>SHBAM</b> 45 min	LES MILLS <b>BODYBALANCE</b> 60 min		LES MILLS <b>BODYPUMP</b> 45 min			
12.30PM	<b>EXPRESS HIT</b> Matt (30)	LES MILLS <b>GRIT</b>   CARDIO 30 min	<b>INDOOR BOOTCAMP</b> Vanesa (30)	<b>Boxing Express</b> Matt (30)	LES MILLS <b>BODYCOMBAT</b> 60 min	1:00 PM	LES MILLS <b>GRIT</b>   CARDIO 30 min	LES MILLS <b>BODYPUMP</b> 60 min
						2:00 PM	LES MILLS <b>BODYCOMBAT</b> 60 min	LES MILLS <b>BODYBALANCE</b> 60 min
4:15 PM	LES MILLS <b>BODYATTACK</b> Coran (60)	LES MILLS <b>BODYPUMP</b> 45 min	LES MILLS <b>CXWORX</b> 30 min	<b>INDOOR BOOTCAMP</b> Coral (45)	<b>EXPRESS HIT</b> Cody (45)	3:00 PM	LES MILLS <b>BODYPUMP</b> 30 min	LES MILLS <b>GRIT</b>   STRENGTH 30 min
5:00 PM			<b>Boxing Express</b> Cody (30)			3:30 PM	LES MILLS <b>CXWORX</b> 30 min	LES MILLS <b>CXWORX</b> 30 min
5:30 PM	<b>FUNCTIONAL FIT</b> Cody (45)	<b>ABT</b> Coral (45)	LES MILLS <b>BODYSTEP</b> Nathan (60)	LES MILLS <b>BODYPUMP</b> Priscilla (60)	<b>ABT</b> Coral (45)	4:00 PM	LES MILLS <b>BODYBALANCE</b> 60 min	LES MILLS <b>SHBAM</b> 30 min
6:30 PM	LES MILLS <b>GRIT</b>   CARDIO 30 min	LES MILLS <b>GRIT</b>   STRENGTH 30 min		LES MILLS <b>BODYBALANCE</b> 30 min	LES MILLS <b>CXWORX</b> 30 min			
7:00 PM	LES MILLS <b>BODYBALANCE</b> 30 min	LES MILLS <b>CXWORX</b> 30 min	LES MILLS <b>SHBAM</b> 45 min					
<b>MIND &amp; BODY - STUDIO 2</b>								
9:15 AM	<b>YOGA</b> Vanessa Q (75)		<b>Barre</b> Vanesa (60)		<b>YOGA</b> Vanesa (60)	8:00 AM	<i>pilates</i> Libby (60)	
4:15 PM	<b>POP PILATES</b> Vanessa Q (60)		<b>YOGA</b> Susie (60)	<b>ABT</b> Vanessa Q (45)				
5:30 PM	<b>YOGA</b> Vanessa Q (60)		<i>pilates</i> Jo (60)	LES MILLS <b>BODYBALANCE</b> Kellie (60)				
<b>CYCLE STUDIO - STUDIO 3</b>								
5:30 AM	LES MILLS <b>RPM</b> Priscilla (50)	LES MILLS <b>sprint</b> Priscilla (30)		LES MILLS <b>RPM</b> Danah (50)	LES MILLS <b>sprint</b> Amanda (30)	7:00 AM	LES MILLS <b>RPM</b> Ashley/Amanda (50)	
9:15 AM	LES MILLS <b>RPM</b> Danah (30)							
5:30 PM	LES MILLS <b>sprint</b> Amanda (30)	LES MILLS <b>RPM</b> Alex M (50)	LES MILLS <b>sprint</b> Amanda/Danah (30)					
<b>COMBAT LAB - STUDIO 4</b>								
9:15 AM		<b>KNOCKOUT</b> Vanesa (45)				9:15 AM	<b>PAD FIT</b> Hannah (45)	
Studio 1 Classes			<b>Boxing Express</b> ↑ 5pm Studio 1	<b>Boxing Express</b> ↑ 12.30pm Studio 1				
5:45 PM	<b>KNOCKOUT</b> Coral (45)	<b>PAD FIT</b> Hannah (45)						
<b>Staffed Hours</b> Monday - Thursday: 5am - 8pm Friday: 5am - 7pm Saturday: 7am - 12pm Sunday: 7am - 12pm			<b>Creche Hours: Monday - Friday</b> Session 1: 8:15am - 10.30am Session 2: 10:00am - 11.30am Session 3: 4pm - 5:30pm Session 4: 5pm - 6:30pm			<b>Creche Hours: Saturday</b> Session 1: 7:45am - 9:15am Session 2: 9:15am - 10:30am		

<b>LES MILLS BODYPUMP</b>	The original barbell class that shapes, tones and strengthens your entire body. The REP EFFECT focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.
<b>LES MILLS BODYBALANCE</b>	During BODYBALANCE™ an inspired soundtrack plays as you bend & stretch through a series of simple yoga moves and embrace elements of Tai Chi & Pilates. Breathing control is a part of all the exercises. You'll strengthen and lengthen your entire body and leave the class feeling calm, centered and happy.
<b>LES MILLS BODYATTACK</b>	BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. A high intensity cardio workout designed to build strength & stamina.
<b>LES MILLS BODYCOMBAT</b>	Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.
<b>LES MILLS BODYSTEP</b>	Using a height adjustable step and simple movements on, over and around the step, step delivers huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks to shape and tone your body.
<b>LES MILLS RPM</b>	RPM™ is a group indoor cycling workout where you control the intensity. It's fun and low impact. Go on a journey of hill climbs, sprints and flat riding to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
<b>LES MILLS sprint</b>	SPRINT is a 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This quick and hard style of training drives your body to burn calories for hours which returns rapid results with minimal joint impact.
<b>LES MILLS CXWORX</b>	Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.
<b>LES MILLS GRIT</b>   STRENGTH	LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.
<b>LES MILLS GRIT</b>   PLYO	A 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.
<b>LES MILLS GRIT</b>   CARDIO	A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.
<b>LES MILLS GRIT</b>	This is the live LES MILLS GRIT™ class with a motivating coach to push you through a 30-minute high-intensity interval training (HIIT) workout. Your coach will be right next to you through your training session designed to improve strength and build lean muscle.
<b>LES MILLS SH'BAM</b>	A fun-loving, addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!
<b>YOGA</b>	We offer a variety of yoga styles from power yoga, Iyengar yoga, to classical hatha, flow and restorative meditation. Our YOGA classes focus on posture, breath awareness and meditation. Each instructor brings their own unique energy to the class, offering variety from beginner to advanced.
<b>YOGA Meditation</b>	This Hatha yoga class moves at a slow pace and breaks down the key postures, gently moving to warm and unwind the body. Combined with a longer meditation practice, experience realignment of body and mind to promote a healthy and balanced life.
<b>pilates</b>	A class that improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
<b>Barre</b>	A balletic infusion of Dance, Pilates and Yoga. Barre sculpts and tones your entire body from head to toe through strengthening and stretching exercises both at the barre and on the mat. No dance experience required.
<b>Up &amp; Active Seniors</b>	A 45 minute class specifically designed for our senior citizens. We have numerous class options to cater for all abilities. All of our sessions are overseen by our in house Exercise Physiologist, but run by one of our qualified instructors.
<b>ABT</b>	Designed to focus purely on strengthening your <b>Abs, Booty and Thighs</b> ; ABT uses a combination of strength enhancing and muscle toning exercises to target these three common areas.
<b>POP PILATES</b>	A total body workout which will help you target and lose belly fat. All movements are done to modern pop music which is upbeat and fun. This class will also work to strengthen and tone your thighs, butt and upper arms. Take the challenge now!
<b>PAD FIT</b>	Pad Fit is a partner-based workout designed to challenge participants to improve their boxing and pad holding abilities. Boxing helps improve endurance, coordination and stamina and is also great for stress relief! The boxing combinations will shape and tone your arms and shoulders while improving your cardio fitness! We cater for all levels of fitness and ability, whilst ensuring a challenging workout for each individual.
<b>Boxing Express</b>	Looking for a quick KNOCKOUT inspired workout? Well this is the class you are looking for. Designed for the avid boxing enthusiast with minimal time on their hands. This class is perfect for a lunch time cardio, coordination and combination session. Punch your way to fitness...
<b>KNOCKOUT</b>	Our boxing inspired KNOCKOUT classes draw on boxing principles to give you an all over cardio and strength training workout. Our classes are a mix of boxing combinations, cardio drills and specific boxing exercises and caters for all levels of fitness!
<b>metafit HIIT TRAINING</b>	If you are looking for fast results but you are short on time, Metafit could be the answer for you! It's a high intensity workout including a series of body weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete. This class is great fun and easy to modify so that you can work at your own pace and level of ability.
<b>BOOTCAMP</b>	Our fitness BOOTCAMP classes are military inspired circuit classes. A combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns, you get everything you need! In our bootcamp classes you will be introduced to battle ropes, kettlebells, medicine balls, trx straps, ladders, skipping ropes and sandbags.
<b>EXPRESS HIIT</b>	This is a High Intensity Interval Training (HIIT) session, scientifically designed to create the afterburn effect. This means your body will continue to burn calories and melt fat over the next 36 hour period. Using all kinds of equipment and training techniques including kettlebells, body weight, sandbags, TABATA training and much more! A class you must try for maximum results! Try the indoor Cardio HIIT today.
<b>FUNCTIONAL FIT</b>	In this full body workout you will improve your strength and endurance. Functional exercises use multiple joints and numerous muscles to train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. You will get a good mix of cardiovascular and resistance training!



