

COMMENCING Wednesday 2nd January 2019 - Sunday 28th April 2019

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME:	SATURDAY	SUNDAY
GROUP FITNESS STUDIO - STUDIO 1								
5:00 AM	EXPRESS HHT Ange (30)	STEP Roshni (45)	INDOOR BOOTCAMP Ange (45)	FUNCTIONAL FIT Vanessa (45)	5:30 AM LES MILLS BODYPUMP Kellie (60)	7:15 AM INDOOR BOOTCAMP Joey (45)		
5:45 AM	LES MILLS BODYPUMP Danah (45)	LES MILLS CXWORKX 30 min	LES MILLS BODYATTACK Roshni (45)	STEP Roshni (45)		8:00 AM LES MILLS BODYPUMP Alex (60)		
6:45 AM	GRIT CARDIO 30 min	LES MILLS BODYPUMP 30 min	LES MILLS BODYBALANCE 30 min	LES MILLS CXWORKX 30 min	EXPRESS HHT Eden (30)	9:15 AM GRIT STRENGTH Danah (30)		
7:30 AM	<i>Up & Active Seniors</i> Vanessa (45)		LES MILLS BODYPUMP 45 min	<i>Up & Active Seniors</i> Roshni (45)	LES MILLS BODYBALANCE 30 min	9:45 AM LES MILLS CXWORKX Danah (30)		
8:30 AM	LES MILLS CXWORKX 30 min	GRIT STRENGTH 30 min	LES MILLS BODYCOMBAT Roshni (45)	GRIT CARDIO 30 min	LES MILLS BODYPUMP 30 min	11:00 AM GRIT CARDIO 30 min	LES MILLS BODYCOMBAT 60 min	
9:15 AM	LES MILLS BODYPUMP Kellie (60)	LES MILLS BODYATTACK Roshni (60)	EXPRESS HHT Vanessa (45)	INDOOR BOOTCAMP Vanessa (45)	FUNCTIONAL FIT Vanessa (45)	12:00 PM LES MILLS BODYPUMP 60 min	LES MILLS CXWORKX 30 min	
10:30 AM	INDOOR BOOTCAMP Vanessa (45)	LES MILLS BODYPUMP 60 min	LES MILLS SHBAM 45 min	LES MILLS BODYPUMP 60 min	LES MILLS BODYBALANCE 60 min			
11:30 AM				GRIT CARDIO 30 min	LES MILLS SHBAM 30 min	1:00 PM GRIT PLYO 30 min	LES MILLS BODYPUMP 60 min	
12:00 PM	LES MILLS BODYBALANCE 60 min	LES MILLS SHBAM 45 min	LES MILLS BODYPUMP 45 min	LES MILLS CXWORKX 30 min	LES MILLS BODYCOMBAT 45 min	1:30 PM LES MILLS BODYCOMBAT 30 min		
						2:00 PM LES MILLS SHBAM 45 min	GRIT PLYO 30 min	
4:15 PM	LES MILLS BODYATTACK Coran (60)	LES MILLS BODYPUMP Ursula (60)	LES MILLS BODYCOMBAT Lou (45)	LES MILLS BODYPUMP Lou (60)	EXPRESS HHT Joey (30)	3:00 PM LES MILLS BODYPUMP 30 min	LES MILLS CXWORKX 30 min	
5:00 PM			metafit Miranda (30)		STEP Ursula (30)	3:30 PM LES MILLS CXWORKX 30 min		
5:30 PM	LES MILLS BODYPUMP Sophie (60)	FUNCTIONAL FIT Joey (45)	THE ZUM Joey (45)	INDOOR BOOTCAMP Eden (45)	LES MILLS BODYATTACK Coran (45)	4:00 PM LES MILLS BODYBALANCE 60 min	LES MILLS SHBAM 30 min	
6:30 PM	THE ZUM Joey/Eden (45)	LES MILLS BODYPUMP 45 min	LES MILLS BODYJAM CLASS TBA	LES MILLS BODYPUMP 45 min	GRIT PLYO 30 min	4:30 PM	GRIT STRENGTH 30 min	
7:15 PM	LES MILLS BODYBALANCE 30 min	LES MILLS CXWORKX 30 min		GRIT STRENGTH 30 min	LES MILLS CXWORKX 7:00PM 30 min			
MIND & BODY - STUDIO 2								
6:00 AM		YOGA Greg (60)						
9:15 AM	YOGA Vanessa Q. (60min Flow)	LES MILLS BODYBALANCE Danah (60)	POP PILATES Vanessa Q. (60)	LES MILLS CXWORKX Danah (30)	YOGA Greg (60)	8:15 AM LES MILLS BODYBALANCE Danah (60)		
9:45 AM				FITBALL Danah (30)		9:15 AM <i>pilates</i> Libby (60)		
10:30am	POP PILATES Vanessa Q. (60)							
4:15 PM			YOGA Susie (60 Flow)					
5:30 PM	<i>pilates</i> Ursula (60)	YOGA Jo (60 Iyengar)	<i>pilates</i> Jo (60)	LES MILLS BODYBALANCE Kellie (60)		4:30 PM	LES MILLS BODYBALANCE Danah/Kellie (45)	
6:30 PM	YOGA Simone (60)							
CYCLE STUDIO - STUDIO 3								
5:30 AM	sprint Priscilla (30)	LES MILLS RPM Priscilla (50)			LES MILLS RPM Danah (50)	7:15 AM LES MILLS RPM Karen/Amanda (50)		
9:15 AM	LES MILLS RPM Amanda (50)							
5:30 PM	LES MILLS RPM Danah (50)	LES MILLS RPM Karen (50)	sprint Sophie (30)	LES MILLS RPM Amanda (50)		4:00 PM	sprint Karen/Priscilla (30)	
COMBAT LAB - STUDIO 4								
5:30 AM			KNOCKOUT Vanessa (45)		KNOCKOUT Jo (45)			
9:15 AM		KNOCKOUT Vanessa (45)				9:15 AM KNOCKOUT Hannah/Eden (45)		
12:30PM				Boxing EXPRESS Matt (30)				
5:45 PM	KNOCKOUT Coral (45)	KNOCKOUT Hannah (45)		KNOCKOUT Hannah (45)				

The Fit Lab Health & Fitness Centre		Upper Level Centre Point, 231 James Street Toowoomba	Ph: 07 4638 7645
LES MILLS BODYPUMP		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.	
LES MILLS CXWORX		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.	
LES MILLS BODYATTACK		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.	
LES MILLS BODYJAM		Body Jam is the cardio workout where you are free to enjoy the sensations of dance. Lose yourself in the dance inspired cardio workout to the latest dance styles and hottest new sounds.	
LES MILLS BODYBALANCE		During Body Balance 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 your entire body and leave the class feeling calm and centered. Happy.	
LES MILLS BODYCOMBAT		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.	
LES MILLS RPM		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.	
LES MILLS sprint		Is built on the science of High Intensity Interval Training (HIIT). It's quick and hard style of training that returns rapid results with minimal joint impact. All performed on an indoor cycle bike and only 30min in duration.	
LES MILLS SH'BAM		A fun-loving, insanely 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!	
LES MILLS GRIT 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.	
LES MILLS GRIT 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.	
LES MILLS GRIT 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. LES MILLS 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.	
STEP		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.	
metafit		A 30 minute body weight HIIT experience designed to work large muscle groups in a non-choreographed, simple to follow group format. With short workout bursts/rest times to keep your body guessing. Burn up to 400 calories during your workout and up to 700 in the following 24-36 hours.	
Up & Active Seniors		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.	
YOGA		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 will bring their own unique energy to the class, offering lots of variety from beginner to advanced.	
Barre		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. Swap you squats for pilates!	
FITBALL		A strengthening class designed to improve your range of motion, strength, stability, co-ordination and balance. Fitball provides an excellent workout which will result in a stronger core, improved posture and better body alignment.	
pilates		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.	
POP PILATES		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!	
BOOTCAMP		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.	
THE ZUU		Why is ZUU so good? It's fun! This calorie burning HIIT workout develops mobility, agility, flexibility and boosts cardio endurance, but that's not all. It strengthens muscles, joints, tendons, ligaments and tissue. The military, elite athletes and top sports teams do it to keep super fit. With a focus on mobility, strength and conditioning and team building, Zuu is all that we are about.	
Boxing Express		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...	
KNOCKOUT		Our boxing inspired KNOCKOUT classes draw on boxing principles to give you an all over cardio and strength training workout. Boxing helps improve endurance, co-ordination and stamina and is also great for stress relief! Our classes are a mix of boxing combinations, cardio drills and specific boxing exercises and caters for all levels of fitness!	
EXPRESS HIIT		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.	
FUNCTIONAL FIT		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!	
Staffed Hours Monday - Thursday: 5am - 8pm Friday: 5am - 7pm Saturday: 7am - 1pm Sunday: 1pm - 6pm		Creche Hours: Monday - Friday TRIAL - Mon & Wed ONLY: 5am - 8.15am (Bookings essential) Session 1: 8:15am - 10.15am Session 2: 10:15am - 11.30am Session 3: 4pm - 5:30pm Session 4: 5pm - 6:30pm	
		Creche Hours: Saturday Session 1: 7:45am - 9:15am Session 2: 9:15am - 10:30am	