

Studio 1

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.05am	PILATES		LES MILLS BODYPUMP	YOGA			
8.45am							LES MILLS CXWORX
9am					LES MILLS CXWORX		
9.30am	ZUMBA FITNESS	LES MILLS CXWORX	PILATES	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
10.30am	FIT FOR LIFE CIRCUIT *	YOGA	FIT FOR LIFE CIRCUIT *	MOBILISE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	
11.30am		FIT FOR LIFE CIRCUIT *		FIT FOR LIFE CIRCUIT *	FIT FOR LIFE CIRCUIT *		
4pm							LES MILLS BODYBALANCE
6pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK		LES MILLS BODYPUMP			
6.30pm			LES MILLS CXWORX				
7pm	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYATTACK			

HIIT (Studio 1)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.05am					LES MILLS GRIT		
9am						LES MILLS GRIT	
10am		LES MILLS GRIT					
6pm			LES MILLS GRIT				

Studio 2

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.05am	LES MILLS RPM						
9am						LES MILLS RPM	
9.30am	BOXING		LES MILLS RPM				
5.30pm	LES MILLS RPM						
6.15pm		LES MILLS RPM					

Aqua Fitness Timetable

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am			AQUA FIT		aqua ZUMBA	aqua ZUMBA	AQUA FIT
9.15am		aqua ZUMBA					
6.10pm	AQUA FIT						
7pm			aqua ZUMBA	AQUA FIT			
7.10pm	AQUA FIT						

*Fit for Life Circuit is only available to members who are 55+ years.

45 minute class

Important: Please arrive 10 minutes prior to all classes starting to allow for set-up. There is a strictly no admittance to class after commencement for safety reasons.

LES MILLS **BODYPUMP**

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast.

LES MILLS **GRIT**

GRIT™ sessions combine short bursts of high intensity training with periods of recovery. This is a highly effective method in which to increase your fitness levels, tone your muscles, shape your body and burn off calories. An accelerated warm-up session will kick-start your heart rate and awaken your neuromuscular system before the more intensive training session begins. Each class combines strength, plyometric or cardio circuit sequences to put the participant's fitness thoroughly to the test. GRIT will increase your aerobic capacity, accelerate the burning of body fat, build your strength and increase your muscular endurance.

BOOTCAMP

A high intensity workout that will improve your strength, muscular endurance and cardiovascular capacity. BOOTCAMP will get your heart rate high while toning your arms, legs and core - great for those wanting to increase their fitness and get that little bit extra from their workout.

BOXING

A high intensity interval training workout that will strengthen and tone your whole body including arms, core and legs. BOXING is great for improving fitness and reflexes through explosive combinations using gloves and pads, relieving some of the stress from the day and guaranteed to get your heart pumping!

FIT FOR LIFE CIRCUIT

Multiple work stations where participants move between different stations completing exercises for set periods of time. Fit for Life Circuit exercises will vary depending on which day you participate to enable you to take part in all three classes each week without risking injury. The focus of the sessions will be on low impact resistance movements as well as balance, flexibility and functional movements to assist with everyday living. Designed for participants over 55 with all fitness levels welcome.

MOBILISE

A low-impact class combining traditional and modified strength and conditioning exercises to help improve functional movement and mobility through the whole body. Great for all ages and fitness levels MOBILISE will develop core, technique and strength for athletic development or general day activities.

AQUA FIT

A 60 minute workout performed in water. AQUA FIT is designed to improve muscular strength and endurance, balance and enhance cardiovascular conditioning through the use of water resistance and aquatic equipment (e.g. noodles and dumbbells). From the basics for beginners to advanced options for the more experienced participants there are a variety of movements involving the use of upper body, abs and lower body. Ideal for injury recovery.

LES MILLS **BODYATTACK**

BODYATTACK® is a sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. This interval training class combines athletic aerobic movements with strength and stabilisation exercises. Burn 600-800 calories per class.

LES MILLS **BODYBALANCE**

This Yoga/Tai Chi/Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of balance.

LES MILLS **RPM**

Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Sweat and burn to reach your endorphin high!

LES MILLS **CXWORX**

CXWORX™ is a short, sharp, intense, hugely effective 30-minute workout. It was designed by the LES MILLS™ team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids injury prevention. Consisting of a variety of exercises that integrate muscles in and around your abs, back and butt, CXWORX™ is proven to be effective and is a great low impact and low cardio class suitable for most participants, all you need to bring along is your strength and lots of determination! Expect inspirational music and motivational instructors to help you through our half hour CXWORX™ sessions.

YOGA

A gentle style of yoga that is great for all fitness levels and age groups. YOGA aligns the body, improves posture and develops strength and core stability using body-weight resistance to increase flexibility and relieve stress.

PILATES

A low impact class incorporating strength and flexibility exercises designed to improve core and back strength, assist with posture and improve balance. Pilates combines traditional movements with relaxation techniques for a heightened connection between body and mind.

ZUMBA FITNESS

Take the 'work' out of workout by mixing low-intensity and high intensity moves for an interval style, calorie-burning dance fitness party. A total workout combining all elements of fitness - cardio, muscle conditioning, balance, flexibility and boosted energy Zumba is perfect for all ages and fitness levels.

aqua **ZUMBA**

AQUA ZUMBA® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance party in the water. During this exciting 60 minutes you will combine cardio, muscle conditioning, flexibility and balance exercises using the added resistance of water to leave you feeling alive and invigorated.