



GROUP FITNESS TIMETABLE

GROUP FITNESS STUDIO 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00am		BODY PUMP 60MIN			BODY PUMP 30MIN					
6:30am					CORE 30MIN					
7:00am										
7:30am										
8:45am										
9:00am						9am BODY PUMP 60MIN	9am BODY BALANCE 60MIN			
9:30am	9:30 am FIT BALL 60MIN	9:30 am BODY PUMP 60MIN	9:30 am BODY BALANCE 60MIN	9:30 am BODY PUMP 60MIN	9:30 am FUNCTION BODYWEIGHT 30MIN					
9:45am										
10:00am										
10:15am										
10:30am			CORE 30MIN			10:30am BODY BALANCE 60MIN				
11:00am										
11:15am										
12:15pm										
2:30pm		2:30pm Lite Pace 45MIN								
3:30pm										
5:30pm	5:30pm ZUMBA 60MIN	5:30pm BODY PUMP 60MIN	5:30pm BODY BALANCE 60MIN	5:30pm BODY PUMP 60MIN						
6:00pm										
6:30pm	6:30pm BODY PUMP 60MIN	6:30pm BODY STEP 60MIN	6:30pm BODY PUMP 60MIN	6:30pm CORE 30MIN						
7:00pm										
7:30pm										
8:00pm										

CYCLE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)		CYCLE (Instructor)		
9.00am						CYCLE (Instructor)	CYCLE (Instructor)
9.30am	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Instructor)		
10.30am						CYCLE (Virtual)	CYCLE (Virtual)
12.30pm	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Virtual)		
6.00pm	CYCLE (Instructor)	CYCLE (Virtual)	CYCLE (Virtual)	CYCLE (Instructor)	CYCLE (Virtual)		

Body Pump: BODYPUMP, a total body workout that will burn calories, shape, and tone your entire body, increase core strength and improve bone health.

Body Balance: Ideal for anyone and everyone, BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Body Attack: BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

CORE: Inspired by elite athletic training principles, CX Worx is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Body Step: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs as well as some great upper body and cardio exercises for the whole body.

RPM: RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and with great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

FIT Ball: Fit ball is an excellent body sculpting workout utilizing awesome tools including Swiss balls and light hand weights for an added challenge

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Functional Bodyweight: Functional bodyweight is an awesome class utilizing no equipment and only relying on your bodyweight. This class is run by Phil one of our experienced PT's and he makes these classes fun, challenging and always different for each week! Check it out