

Summer Group Fitness Timetable

Effective from January 15th, 2018

Group Fitness Studio							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	V BP	V CX	V BB	V CX	V BC		
7.15am	V CX	V BP	V CX	V BC	V CX		
8.00am	Strong Movers		Strong Movers		Strong Movers		
9.00am	GRIT	V CX	GRIT	V CX	HIIT	V CX	V CX
9.30am	Zumba	Body Combat	Body Pump	Boxing	Pilates	Body Pump	V BC
10.45am	Pilates	Yoga	Pilates	Body Balance	Body Pump	V BC	V BP
12.00pm	V BC	V CX	V SHB	V CX	V BB	V SHB	V SHB
1.00pm	V BB	V BP	V CX	V BP	V CX		
3.00pm						V BC	V BP
4.00pm						V BP	V BC
5.30pm	Body Pump	GRIT	Boxing	V BP	V BP	V BB	V CX
6.30pm	Boxing	V BC	V BP	V BC	V SCX		6PM V BB
7.30pm	Zumba	V BP	V BB	V SHB	V BB		

Mind and Body Studio (Creche)							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am						Body Balance	
9.30am							Pilates
7.30pm	Body Balance	Yoga		Body Balance			

Cycle Studio							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		RPM					
8.15am						RPM	
9.30am	RPM		RPM		RPM		
5.30pm							
6.30pm		RPM	RPM	RPM			

Aqua							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers		Aqua Workout	
9.15am	Aqua Movers		Aqua Movers		Aqua Movers		
7.35pm		Aqua Workout		Aqua Workout			

BODYBALANCE Ideal for anyone and everyone, BODYBALANCE is the yoga-based class that will improve your mind, your body and your life. This vitality-boosting program can help reduce body fat, increase core strength, improve flexibility and ease anxiety. If you want youthful energy and vitality, BODYBALANCE is a great way to get it! BODYBALANCE 55 minutes.

BODYCOMBAT This high-energy martial arts workout works your legs, tones your arms, back and shoulders and provides phenomenal core training- equal to the core activation of 1700 crunches! You destroy calories, develop coordination, agility and speed. BODYCOMBAT combines non-contact kicking and punching with fresh functional training moves designed to improve your speed, fitness and agility. Prepare to be physically and mentally challenged. 55 minutes.

BODYPUMP is for anyone looking to get lean, toned and fit – fast. Research has confirmed that BODYPUMP has strong calorie and fat-burning effects improving aerobic fitness, muscular strength and endurance. BODYPUMP uses THE REP EFFECT, a breakthrough in resistance training which is proven to deliver a total body transformation. 55 minutes.

CX WORX Based on cutting-edge scientific research, CXWORX is the ultimate way to get toned. With dynamic training that homes in on your abs, glutes, back, oblique's, and "slings" connecting the upper and lower body. CXWORX will leave you looking good and feeling strong. 30 minutes

SH'BAM is a fun vibrant, unique and varied class featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. 45 minutes

RPM is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding scientifically developed and regularly tested to ensure excellent results. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today. 50 minutes.

LES MILLS GRIT high-intensity interval training (HIIT) workout, designed to improve strength cardiovascular fitness and build lean muscle. Increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. It takes HIIT and combines it with powerful music to get fit, fast. 30-minutes

ZUMBA Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. 45 minutes.

BOXING. A high intensity boxing circuit class that incorporates punching technique, pad work, skipping, running and abdominal work. Great for tone and overall conditioning. An excellent workout for all fitness levels. 55 minutes.

PILATES Our Pilates classes help develop core strength and coordination through traditional Pilate's movement patterns, the use of breath and correct alignment. You'll feel a difference in your posture and overall toning with every class. 55 minutes.

YOGA Designed to enhance vitality and a sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness. 55 minutes

STRONG MOVERS classes are safe and fun, with easy to learn low impact cardiovascular exercise, strength and stretching activities giving a whole-body workout. The class varies and can use steps, resistance bands, weights, balls, abdominal exercises and stretching. A great class for beginners and the more senior participant. 55 minutes.

AQUA MOVERS Aqua Aerobics designed for the more senior participant and beginners, set in a fun and sociable environment. Come along for any reason, fitness, mobility, flexibility and strength but most of all fun!! 45 minutes.

AQUA WORKOUT Aqua Aerobics suitable for all levels of fitness. You can have either an intense workout, or take it a little easier. Equipment may be used. This class is a Family Friendly class. Minimum age is 10 years and must be accompanied by an adult. 45 minutes.

HIIT: A training session that has 100% effort through quick intense bursts of exercise followed by short active recovery periods. 30 Minutes

LES MILLS VIRTUAL is technology based group exercise played via a projector screen in clubs. It's designed to provide consumers with a group exercise fix at any time of the day as well as help get even more people engaged in group exercise, becoming fitter and getting hooked on the Les Mills experience.