

Group Fitness Timetable

Classes highlighted in **YELLOW** are available in person or online via ZOOM. Chat to our team for details.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Spin		Spin	Spin	
6:00am	Circuit		Les Mills Pump		Les Mills Grit	
8:00am	Gold Active		Yoga		Gold Active	Circuit
	Gold Aqua		Gold Aqua		Gold Aqua	
9:15am	Spin	Les Mills Pump	Boxfit	Circuit	Les Mills Pump	
	Circuit					
9:30am		Aqua		Aqua		
10:30am	Parents, kids and bubs	Belly, Butt & Thighs		Pilates Flow	Pilates	
12:30pm	Tabata	Boxfit	Les Mills Pump	Pilates Express	Boxfit	
5:15pm	Les Mills Pump	Spin	FAMFIT	Boxfit		
		Les Mills Grit				
6:15pm		Yoga	Les Mills Pump	Yoga		
6:30pm	Aqua		Aqua			

Spin – Indoor cycling class focusing on endurance, strength, and high intensity intervals – Bookings are essential.

Circuit – Is a interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving strength and endurance.

Tabata – High Intensity Interval Training with minimal rest periods.

Les Mills Grit – This high intensity class uses barbell, weight plates and body weight exercises to blast all major muscle groups.

Les Mills Pump – features 10 tracks with each focusing on a different muscle group, using barbells, weight plates and body weight.

BBT - Focus on your lower half in this belly-busting, booty shaping, lower intensity class that features a series of exercise's aimed to strengthen and tone.

Boxfit – is a cardiovascular class based on the training used for boxing. It can be done with a partner using pads and gloves or solo using dumbbells.

Aqua – A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength and cardiovascular endurance.

Pilates – Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. Express is a 30min Version

Yoga – Yoga focuses on the alignment of the whole body whole holding poses that support the spine and bring awareness of breath with movement.

Parents, kids & Bubs: A class designed for parents, family members & friends to bring their bubbas/kids & also get a killer workout. All kids from 6 weeks up are welcome

