

## February Timetable (29th January – 29th February 2024)

**Staffed Hours:** Monday to Thursday 5am – 8.30pm  
Friday 5am – 7pm Saturday and Sunday 7am – 6.30pm

**Crèche Hours** Monday to Friday 8:15am – 11:45am  
Saturday 7.45am – 11:45am  
**\*\*Crèche closed Public Holidays**

**Looking for guidance with weight training?  
Need some structure for your sessions?  
See us to book in for a personalised program!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:10am AND 6.00am SGT METCON (45mins) Mirka/FP</b>	<b>5.45am Box Circuit (45mins) Teresa/GFS</b>	<b>5.10am SGT METCON (45mins) Jess/FP</b>	<b>5:45am Les Mills Body Pump (45mins) Dan/GFS</b>		
<b>5.45am Body Pump (1hr) Amanda P/GFS</b>	<b>5:30am HIIT (30mins) Hilary/GFS</b>	<b>5:45am Les Mills RPM (45mins) Amanda P/CS</b>	<b>5:45am Les Mills RPM (45mins) Lisa/CS</b>	<b>5:45am Les Mills RPM (45mins) Phil S/CS</b>	<b>7:00am SGT PARTNERED METCON (55mins) Jess/FP</b>	
<b>5.45am Les Mills RPM (45mins) Donna/CS</b>	<b>5:45am Les Mills RPM (45mins) Sarah/CS</b>	<b>5.45am Pilates (45mins) Andrea/YPS</b>	<b>6.00am Circuit (45mins) Jess/GFS</b>	<b>6:00am Pilates (45mins) Rheanne/YPS</b>	<b>7:15am Les Mills RPM (45mins) Nicole/CS</b>	
<b>8:45am HIIT (30 mins) Mirka/GFS</b>	<b>5.45am Hot Pilates (45mins) Andrea/YPS</b>	<b>9:00am HIIT (30 mins) Hilary/GFS</b>	<b>8:45am Box Circuit (45 mins) Alex/GFS</b>	<b>8:45am HIIT (30mins) Jess/GFS</b>	<b>8:00am Circuit (45 mins) Jess/GFS</b>	
<b>9:00am Pilates (45 mins) Andrea/YPS</b>	<b>7.00am Circuit (45mins) Mirka/GFS</b>	<b>9.15am SGT METCON (45mins) Mirka/FP</b>	<b>9.00am SGT STRENGTH (45mins) Nancy/FP</b>	<b>9.15am SGT METCON (45mins) Lexi/FP</b>	<b>8:15am Les Mills RPM (45mins) Phil/CS</b>	<b>9.00am Zumba (1hr) Jamie/GFS</b>
<b>9.15am SGT METCON (45mins) Lexi/FP</b>	<b>8:45am ABT (30 mins) Jess/GFS</b>	<b>9.15am Power Yoga Rocket/YPS</b>	<b>9:35am Les Mills Body Pump (1hr) Alex/GFS</b>	<b>9:30am Les Mills Body Step (1hr) Donna/GFS</b>	<b>8.45am Aqua Express(30mins) Mirka/Pool</b>	<b>9:00am Yoga (1hr) Sandra/YPS</b>
<b>9.30am Les Mills Body Attack (1hr) Adam/GFS</b>	<b>9:30am Les Mills Body Attack (1hr) Donna/GFS</b>	<b>9:35am Les Mills Body Pump (1hr) Hilary/GFS</b>	<b>9:35am Pilates (45mins) Rheanne/YPS</b>	<b>9:30am ABT (30 mins) Jess/YPS</b>	<b>9:00am Booty Blitz (30mins) Jess/YPS</b>	
<b>9:30am Les Mills RPM (45mins) Nicole/CS</b>	<b>9:30am Pilates (45 mins) Mirka/YPS</b>	<b>10:30am Pilates (45 mins) Peri/YPS</b>	<b>10:45am Les Mills Body Balance (1hr) Sarah/YPS</b>	<b>9:30am Freestyle Cycle (45mins) Emily/CS</b>	<b>9:30am Les Mills Body Attack (1hr) Trudy/GFS</b>	
<b>10.15am Aqua (45mins) Mirka/Pool</b>	<b>10:30am Pilates (45 mins) Mirka/YPS</b>		<b>10.45am Aqua (45mins) Alex/Pool</b>	<b>10:15am Hot Yoga (1hr) Peggy/YPS</b>	<b>9.35am Pilates (45 mins) Jess/YPS</b>	
<b>10.30am Yoga (1hr) Brigitte/YPS</b>	<b>10:35am Les Mills Body Pump (1hr) Donna/GFS</b>				<b>10:30am Pilates (45mins) Mirka/YPS</b>	
<b>1.15pm Pilates (45mins) Mirka/YPS</b>	<b>5:15pm Cardio Blast (30 mins) Mary/GFS</b>		<b>1.15pm Pilates (45mins) Rheanne/YPS</b>		<b>10.40am Yoga (1hr) Phil K/GFS</b>	
<b>5.25pm HIIT (30mins) Nancy/GFS</b>	<b>5.30pm Aqua (45mins) Alex/Pool</b>	<b>5.25pm HIIT Cycle (30mins) Sandy/CS</b>	<b>5:15pm Box Circuit (45 mins) Julie/GFS</b>	<b>5:15pm Zumba (1hr) Toula/YPS</b>		<b>3:45pm Hot Power Yoga (1hr) Rocket/YPS</b>
<b>6.00pm Functional Core (30mins) Nancy/YPS</b>	<b>5.30pm SGT STRENGTH (45mins) Nancy/FP</b>	<b>5:25pm HIIT (30 mins) Nancy/GFS</b>		<b>5:30pm Pilates (45mins) Amanda/Lisa/Mirka GFS</b>		<b>5:00pm Yin Yoga (1hr) Rocket/YPS</b>
<b>6.00pm Les Mills RPM (45mins) Sandy/CS</b>	<b>6:00pm Les Mills RPM (45mins) Donna/CS</b>	<b>6:00pm ABT (30 mins) Nancy/YPS</b>	<b>6:00pm Les Mills RPM (45mins) Phil/CS</b>		<b>4:00pm Les Mills Body Pump (1hr) Sandy or Phil S/GFS</b>	<b>5:00pm Les Mills RPM (45mins) Donna/CS</b>
<b>6:00pm Les Mills Body Step (1hr) Donna/GFS</b>	<b>6:00pm Body Pump (1hr) Phil S/GFS</b>	<b>6:00pm Les Mills Body Step (1hr) Donna/GFS</b>	<b>6:15pm Hot Yoga Slow Flow (1hr) Tyler/YPS</b>			
<b>6.45pm Zumba (1hr) Narelle/YPS</b>	<b>6.15pm Pilates (45mins) Jess/YPS</b>	<b>6:45pm Hot Yoga Intermediate (1hr) Rocket /YPS</b>	<b>6:05pm Les Mills Body Pump (1hr) Sandy/GFS</b>			
<b>7:10pm Yoga (1hr) Phil K/GFS</b>	<b>7:05pm Les Mills Body Balance (1hr) Sarah/GFS</b>	<b>7:10pm Les Mills (1hr) Body Pump Phil S/GFS</b>	<b>7:10pm Yoga (1hr) Phil K/GFS</b>			

**Small Group Training Additional Charge Bookings must be made for Classes and Sauna. Bookings open 48 Hours prior to start time and can be made online or by phoning reception**

GFS = Group Fitness Studio

CS = Cycle Studio

YPS = Yoga and Pilates Studio

FP = Functional Pod

SGT = Small Group Training

# Class Descriptions

# LES MILLS

<b>Pilates &amp; Hot Pilates</b>	A low-impact, core-focused workout to strengthen and lengthen your muscles. Fantastic for total body sculpting and suitable for any age and fitness level. *Hot Pilates heated to approx. 35 degrees
<b>Yoga</b>	A treat for the mind, body and soul. Yoga is renowned for increasing flexibility and improving your posture. Learn easy relaxation methods including controlling breath flow.
<b>Hot Yoga</b>	Invigorate your senses by participating in a beautiful Yoga flow in our heated studio – between 28 and 35 degrees. You'll stretch your body and re-set your mind, all while you gain the absolute most from your poses and push your limits.
<b>Yin Yoga</b>	Yin is a deep practice that focuses on stretching, recovery and relaxation. The 60-minute class places you in postures for 3-5 minutes, allowing the muscles, fascia, tendons and ligaments, to stretch and release. It is the perfect complementary practice to power yoga, strength training and all other forms of sport and physical activity.
<b>Power Yoga</b>	A stronger practice, Power Yoga streamlines your body and works to build and strengthen your muscles. This powerful class sculpts, stretches and tones, and can be an effective tool to aid in weight loss and get the metabolism firing. Come along to challenge your limits and find your centre.
<b>Les Mills RPM</b>	RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the hills, flats, time trials and interval training at your own level with adjustable resistance. The pure energy of this class will keep your legs spinning, from beginners to the most advanced cyclists.
<b>HIIT Cycle/ Freestyle Cycle</b>	30minutes (HIIT) or 45minutes (Freestyle) of high energy cycling. Spin is designed to get results, keeping it low impact but reaping all the cardio benefits and engaging those leg and core muscles! Climb hills, sprint along flats and enjoy the ride.
<b>Cardio Blast</b>	Not for the faint-hearted, get your blood pumping in this 30-minute cardio workout. Designed to ensure maximum calorie burn! Keep your body guessing with this innovative class intended to push you to your limits.
<b>Functional Core</b>	Strengthen and tone your mid-section using functional movements and small equipment. With a spicy abdominal burner to finish, you will certainly feel that core working in this 30-minute class!
<b>Box Circuit &amp; Circuit</b>	Box Circuit incorporates partnered boxing work and other cardio exercises. Circuit is a combination of cardio and strength-based training. Both great for fat-burning, toning, improving fitness and strength. You'll be sure to get results from these high energy classes. Get ready to whip your body into shape.
<b>Les Mills Body Pump</b>	BODY PUMP is the original barbell class that strengthens your entire body. A 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
<b>Les Mills Body Balance</b>	BODY BALANCE is a Yoga, Tai Chi and Pilates fusion that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing and a carefully structured series of stretches, moves & poses to music create a holistic workout involving a state of harmony & balance.
<b>Les Mills Body Attack</b>	BODY ATTACK is the sports inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This energetic cardio class will launch you towards your fitness goals.
<b>Les Mills Body Step</b>	BODY STEP is the energetic step workout that makes you feel alive. Using height adjustable steps and simple movements involving cardio blocks; this high energy class will push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.
<b>HIIT</b>	<b>High Intensity Interval Training</b> – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
<b>ABT (Abs, Butt &amp;Thighs)</b>	Tone your tummy, tighten your toosh and strengthen those thighs – a low impact class that works to tone and sculpt with particular focus on the abs, butt and thighs. 30 minutes of work – get the most bang for your buck.
<b>Booty Blitz</b>	Sculpt your booty and lower body in this 30-minute burner. Using resistance bands, ankle weights and 'magic circles' you will tighten and tone your lower body while working toward those buns of steel!
<b>Aqua &amp; Aqua Express</b>	Sculpt, tone and shape your body in this fun and low impact cardio workout. Using both the water and specific aqua equipment for resistance, you will work hard whilst keeping cool. Aqua = 45mins. Aqua Express = 30mins.
<b>Zumba</b>	<b>ZUMBA®</b> is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
<b>Small Group Training (SGT)</b> 'MetCon' 'Strength' 'Partnered MetCon'	Our Small Group Training (SGT) sessions are created so you can experience true fitness. (Metabolic Conditioning (MetCon), Strength or Partnered Metcon. Functional Fitness classes led by our Personal Trainers and designed to be different, every workout is a challenge. You won't believe what you are capable of until you try! <b>BOOKINGS ESSENTIAL. MAX 12 PEOPLE PER SESSION. FIRST SESSION COMPLIMENTARY.</b>
<b>'Red Flagged' classes</b>	Group Fitness classes with low attendance. To see these classes remain on the timetable, vote with your feet by booking in and coming along!