

GROUP FITNESS TIMETABLE

MAIN STUDIO

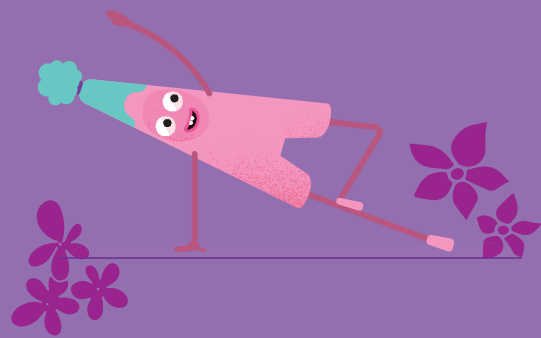
	MON	TUE	WED	THU	FRI
5:45 AM	RPM 45 mins	BODYPUMP 45 mins	RPM 45 mins	RPM 45 mins	BODYPUMP 45 mins
8:30 AM		RPM 45 mins			RPM 45 mins
9:20 AM	BODYCOMBAT 45 mins	CLUB FIESTA 45 mins	BODYATTACK 45 mins	BODYCOMBAT 45 mins	ABT 45 mins
10:10 AM	BODYPUMP 45 mins	BOX FIT 45 mins	BODYBALANCE 60 mins	BODYPUMP 45 mins	YOGA 60 mins
11:00 AM	YOGALATES 60 mins	PILATES 60 mins		YOGALATES 60 mins	
5:15 PM	BODYPUMP 45 mins	BODYCOMBAT 45 mins	CLUBBERCISE 45 mins	CLUB FIESTA 45 mins	BODYBALANCE 60 mins
6:15 PM	ZUMBA 45 mins	BODYPUMP 45 mins	BODYPUMP 45 mins	BOX FIT 45 mins	
7:15 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins	PILATES 60 mins	

	SAT	SUN
8:10 AM	BODYPUMP 45 mins	RPM 45 mins
9:05 AM	BODYATTACK 45 mins	BODYPUMP 45 mins
10:00 AM	ZUMBA 45 mins	BODYCOMBAT 45 mins
11:00 AM	BODYBALANCE 60 mins	YOGA 60 mins

OMNIA STUDIO

	MON	TUE	WED	THU	FRI
5:10 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
5:30 AM		OMNIA 30 mins		OMNIA 30 mins	
6:15 AM		OMNIA 30 mins		OMNIA 30 mins	
6:35 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
8:45 AM		OMNIA 30 mins		OMNIA 30 mins	OMNIA 30 mins
9:15 AM	OMNIA 30 mins				
9:30 AM			OMNIA STRONG 45 mins		
10:00 AM	OMNIA 30 mins				
10:45 AM	OMNIA SENIOR 30 mins	OMNIA SENIOR 30 mins	OMNIA SENIOR 30 mins	OMNIA SENIOR 30 mins	OMNIA SENIOR 30 mins
4:40 PM	OMNIA 30 mins	OMNIA 30 mins	OMNIA STRONG 45 mins	OMNIA STRONG 45 mins	OMNIA 30 mins
5:30 PM	OMNIA STRONG 45 mins	OMNIA 30 mins			

	SAT	SUN
7:30 AM	OMNIA 30 mins	
9:05 AM		OMNIA 45 mins
10:00 AM	OMNIA STRONG 45 mins	



HEALTH CLUB

	MON	TUE	WED	THU	FRI
10:30 AM	STRENGTH FOR LIFE 120 mins	STRENGTH FOR LIFE 120 mins	STRENGTH FOR LIFE 120 mins	STRENGTH FOR LIFE 120 mins	STRENGTH FOR LIFE 120 mins
3:30 PM	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins

AQUA FITNESS

	MON	TUE	WED	THU	FRI
8:40 AM	AQUA STRENGTH 45 mins	AQUA FIT 45 mins	AQUA ENERGY 45 mins		AQUA STRENGTH 45 mins
9:30 AM	AQUA ENERGY 45 mins		AQUA FIT 45 mins	AQUA ENERGY 45 mins	AQUA HIIT 45 mins
5:30 PM	AQUA DEEP 45 mins			AQUA FIT 45 mins	
6:15 PM			AQUA ENERGY 45 mins		

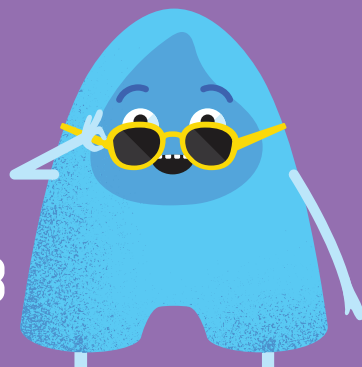
	SAT	SUN
8:40 AM	AQUA DEEP 45 mins	
9:15 AM		AQUA FIT 45 mins
9:30 AM	AQUA ENERGY 45 mins	

PLEASE NOTE THAT BODY PUMP CLASSES ARE SUITABLE FOR 16 YEARS AND OVER AND CLUBBERCISE CLASSES ARE SUITABLE FOR 18 YEARS AND OVER ONLY.

BOXING INNERS MUST BE WORN IF BORROWING OUR GLOVES AND PADS. INNERS CAN BE PURCHASED AT RECEPTION, OR ALTERNATIVELY YOU CAN BRING YOUR OWN PADS AND GLOVES TO USE.

THIS TIMETABLE IS CURRENT AS OF 5TH OF MAY 2023

PLEASE NOTE THAT CLASSES ARE REGULARLY REVIEWED AND ARE SUBJECT TO CHANGE AT ANY TIME.



EFFECTIVE
5TH MAY 2023

ABT

Let's work your Abs, Butts and Thighs! This is a freestyle workout to help strengthen and tone your whole lower body.

BODYATTACK

A high energy, sports-inspired cardio workout for building strength and stamina.

BODYBALANCE

A mix of Yoga, Tai Chi and Pilates that builds flexibility and strength, leaving you feeling centred and calm.

BODYCOMBAT

Punch and kick your way to fitness. This empowering, martial arts inspired workout is non-contact and based on disciplines such as Karate, Boxing, Taekwondo and Muay Thai.

BODYPUMP*

The original Les Mills barbell class that strengthens and tones your entire body using weights and a Les Mills Smart Bar.
*16 years and above

BOX FIT

This is a fun, total body workout inspired by boxing combos with pads and gloves and other circuit-based exercises. This is a boxing for fitness class where all abilities are welcomed. Bring a partner or buddy up with someone in the class, and please make sure you bring your own inners, or your own pads and gloves

CLUBBERCISE

Held in the dark and using glow sticks as fun props, improve your fitness with easy to follow dance, combat and cardio moves to club anthems from the 90's to today.
*18 years and above

CLUB FIESTA

A fun, dance-inspired workout with great music to get your whole body moving! Suitable for all levels, you'll dance, box, squat, crunch and sing in this class - who said workouts couldn't be fun?

PILATES

Develop muscle tone and improve alignment throughout your body. Pilates can help correct weaknesses, make you more resistant to injury and enhance core strength and posture.

YOGA

Wind down and work your flexibility and strength. Focus on breath and mental awareness while working through postures to keep you calm and centred.

YOGALATES

This class is a therapeutic and restorative combination of Tai Chi, Yoga, Pilates and Physio rollers to manage pain and old injuries. Calm your mind, body and soul with a guided meditation at the end of the class.

AQUA DEEP

Held in our 50m pool. A great cardiovascular workout using a buoyancy belt in deep water.

AQUA ENERGY

Held in our indoor 25m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina

AQUA FIT

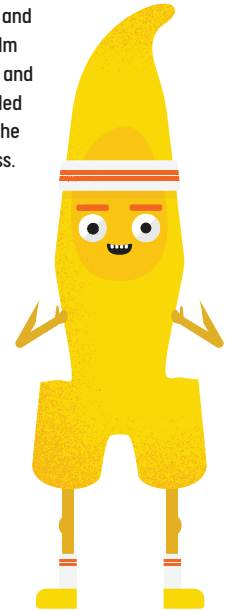
Held in our 25m pool. A low impact, cardio workout using a variety of equipment where participants can control the intensity dependent on their fitness level.

AQUA HIIT

Held in our indoor 25m pool, this is a high intensity workout focusing on interval training to improve cardiovascular fitness fast!

AQUA STRENGTH

Held in our indoor 25m pool, this low intensity class uses a variety of equipment for a total body workout, designed to improve strength and core stability.



FITNESS FOR TEENS

Fitness for Teens is designed for 12 to 17 year olds and is based on the participants goals to get the most out of their health.

STRENGTH FOR LIFE

Strength For Life is developed for people aged 55 years and over and is specifically prescribed based on individual needs and goals to improve overall health and fitness. Participants are required to book in for a program consultation at the Health Club prior to attending this session.

OMNIA

A functional training class which optimises strength, endurance, flexibility, coordination and speed. It is designed specifically for small groups (4-8 people), to provide the same individual attention as one-one training but also the community dynamic of training in a group setting.

OMNIA SENIOR

A low impact functional training session designed specifically for seniors and complete beginners.

OMNIA STRONG

A slightly more intense version of our popular Omnia class, designed for more experienced users and concentrating on strength and conditioning.

ZUMBA

Take the 'work' out of workout and have some fun! Dancing to a mixture of rhythms with easy moves, this class is fun, energetic

RPM

Work up a sweat and burn calories with this indoor cycling workout, riding through different terrains with your instructor to the rhythm of powerful music.