



GROUP FITNESS TIMETABLE

MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM	BODYPUMP 45 mins	HIITSTEP 30 mins	FUNCTIONAL CIRCUIT 45 mins	BODYPUMP 45 mins	HIIT 30 mins	9.00 AM HIITSTEP 30 mins	
8.30 AM		BODYPUMP* 45 mins		PILATES FLOW* 45 mins		9.30 AM BODYPUMP 30 mins	BODYCOMBAT 60 mins
9.30 AM	BODYPUMP 30 mins	HIIT 30 mins	BODYATTACK 30 mins	BODYPUMP 30 mins	HIITSTEP 30 mins	10.00 AM CXWORX 30 mins	
10.00 AM	CXWORX 30 mins	BODYBALANCE 30 mins	CXWORX 30 mins	BODYCOMBAT 30 mins	ABT 30 mins	10.30 AM YOGA 60 mins	BODYPUMP 60 mins
10.30 AM	BODYBALANCE 60 mins	PILATES 60 mins	BODYBALANCE 60 mins	YOGALATES 60 mins	YOGA 60 mins	4.00 PM BODYPUMP 60 mins	BODYBALANCE 60 mins
5.15 PM	BODYPUMP 30 mins	HIIT 30 mins	CXWORX 30 mins	BODYATTACK 30 mins	BODYPUMP 30 mins		
5.45 PM	CXWORX 30 mins	BODYPUMP 30 mins	HIITSTEP 30 mins	BODYPUMP 30 mins	BODYCOMBAT 30 mins		
6.15 PM	BODYATTACK 45 mins	BODYCOMBAT 45 mins	BODYPUMP 45 mins	PILATES 60 mins	BODYBALANCE 60 mins		
7.00 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins				

STUDIO 2

	MON	TUE	WED	THU	FRI
5.45 AM	GROUP CYCLE 45 mins	BOXING 45 mins	RPM 45 mins		RPM 45 mins
9.30 AM		RPM 45 mins		GROUP CYCLE 45 mins	
5.15 PM	GROUP CYCLE 30 mins		GROUP CYCLE 30 mins		
5.45 PM	RPM 45 mins	BOXING 45 mins	RPM 45 mins	BOXING 45 mins	
6.30 PM		GROUP CYCLE 45 mins		GROUP CYCLE 45 mins	
	SAT	SUN			
8.30 AM	RPM 60 mins	RPM 45 mins			

AQUA FITNESS

	MON	TUE	WED	THU	FRI
7.30 AM			AQUA FIT 45 mins		AQUA DEEP 45 mins
8.30 AM	AQUA FIT* 45 mins		AQUA DEEP* 45 mins		AQUA FIT* 45 mins
9.30 AM	AQUA FIT 45 mins		AQUA FIT 45 mins		AQUA DEEP 45 mins
10.30 AM		AQUA FIT 45 mins		AQUA FIT 45 mins	
5.30 PM		AQUA DEEP 45 mins		AQUA FIT 45 mins	
6.30 PM	AQUA FIT 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	
	SAT	SUN			
7.30 AM	AQUA FIT 45 mins				
9.30 AM		AQUA FIT 45 mins			
10.30 AM	AQUA DEEP 45 mins				

* \$8 casual entry for seniors.

HEALTH CLUB

	MON	TUE	WED	THU	FRI
5.45 AM	OMNIA8 30 mins		OMNIA8 30 mins		OMNIA8 30 mins
6.15 AM		OMNIA8 30 mins		OMNIA8 30 mins	
6.30 AM	OMNIA8 30 mins		OMNIA8 30 mins		OMNIA8 30 mins
9.15 AM	OMNIA8 30 mins		OMNIA8 30 mins		OMNIA8 30 mins
9.45 AM		OMNIA8 30 mins		OMNIA8 30 mins	
10.00 AM	OMNIA8 30 mins		OMNIA8 30 mins		OMNIA8 30 mins
10.30 AM	LLLS 120 mins		LLLS 120 mins		LLLS 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	
4.45 PM	OMNIA8 30 mins		OMNIA8 30 mins		OMNIA8 30 mins
5.45 PM		OMNIA8 30 mins		OMNIA8 30 mins	OMNIA8 30 mins
6.00 PM	OMNIA8 30 mins		OMNIA8 30 mins		
6.45 PM		OMNIA8 30 mins		OMNIA8 30 mins	
	SAT	SUN			
9.00 AM	OMNIA8 30 mins	OMNIA8 30 mins			
10.00 AM	OMNIA8 30 mins	OMNIA8 30 mins			

ARENA

4 Townley St, Armadale

	MON	TUE	WED	THU	FRI
9.30 AM	WAR 60 mins	RIP 60 mins	POWER STEP 60 mins	RIP 60 mins	FUNCTIONAL CIRCUIT 45 mins
5.30 PM	FUNCTIONAL CIRCUIT 45 mins	KICK BOX 45 mins	WAR 60 mins	RIP 45 mins	
	SAT	SUN			
9.00 AM	FUSION MIX 60 mins				

BODYPUMP

The original barbell class that strengthens and tones your entire body by working all the major muscle groups using weights and a Les Mills Smart Bar.

CXWORX

A personal training inspired core workout which strengthens and tones your entire body, stabilising muscles to help you in your training as well as everyday activities.

BODYATTACK

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

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.

BODYBALANCE

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

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.

GROUP CYCLE

A new way of indoor cycling! A fully integrated indoor cycle class where you and the instructor monitor and track your progress throughout your workout.

HIIT

High-intensity interval training. A 30 minute workout focusing on power, speed and strength to get you in shape fast. Increase aerobic fitness and lean muscle while burning fat and calories for hours after your workout.

HIITSTEP

A new, innovative 30 minute HIIT exercise class using only bodyweight and a step.

ABT

Abs Butts Thighs. A freestyle workout to help improve strength and conditioning of the lower body.

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

A fusion class that merges the ancient practise of Yoga with the core stabilising, posture enhancing dynamics of Pilates.

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.

PILATES FLOW

Get all the benefits of Pilates with this dynamic class, focusing more on movement and flow through exercises.

BOXING

Working with gloves and pads, get a full body workout while punching your way to fitness. Bring a partner or team up with someone in the class. Pads and gloves are provided or bring your own. Inners are essential and can be purchased at reception.

FUNCTIONAL CIRCUIT

A circuit style class that trains your body to improve your ability to perform everyday activities.

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 DEEP

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

LLLS

LLLS 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.

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.

OMNIA8

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 on one training but also the community dynamic of training in a group setting.

KICK BOX

KICKBOX is a dynamic session incorporating basic boxing and kickboxing skills using boxing gloves, focus mitts and free standing boxing bags. The emphasis is on cardiovascular fitness, coordination and technique. All equipment provided.

WAR

WAR is an exhilarating total body workout where a fusion of martial arts meets chart topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.
Group Rx™

RIP

RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.
Group Rx™

POWER STEP

POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for fitness.
Group Rx™

FUSION MIX

Get a taste of two sessions in one with our exciting FUSION MIX class. A whole hour incorporating tracks from some of our most popular formats. This class is going to keep your body guessing from start to finish.

All 30 minute classes do not include a cool down, to maximise your training time with our friendly instructors. We encourage participants to complete their own cool down after the class.

