



GROUP FITNESS SUMMER TIMETABLE

MAIN STUDIO

	MON	TUE	WED	THU	FRI
5.45 AM	FUNCTIONAL CIRCUIT 45 mins	BOXING 45 mins	FUNCTIONAL CIRCUIT 45 mins	BODYPUMP 45 mins	BOXING 45 mins
8.40 AM		BODYPUMP 45 mins	STRETCH & ROLL 45 mins	ABT 45 mins	
9.30 AM	BODYPUMP 60 mins	HIIT 30 mins	BODYATTACK 30 mins	BODYPUMP 30 mins	HIITSTEP 30 mins
10.05 AM		BODYBALANCE 30 mins	CXWORX 30 mins	BODYCOMBAT 30 mins	ABT 30 mins
10.40 AM	YOGALATES 75 mins	PILATES 60 mins	BODYBALANCE 60 mins	YOGALATES 75 mins	YOGA 60 mins
5.15 PM	BODYPUMP 30 mins	HIIT 30 mins	ABT 30 mins	BODYATTACK 30 mins	BODYBALANCE 60 mins
5.50 PM	CXWORX 30 mins	BODYPUMP 30 mins	ZUMBA 30 mins	BODYPUMP 30 mins	
6.25 PM	ZUMBA 45 mins	BODYCOMBAT 45 mins	BODYPUMP 45 mins	PILATES 60 mins	
7.15 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins		

	SAT	SUN
8.20 AM	BODYATTACK 60 mins	
9.30 AM	BODYPUMP 30 mins	BODYCOMBAT 60 mins
10.00 AM	ZUMBA 60 mins	
10.30 AM		BODYPUMP 60 mins
11.00 AM	BODYBALANCE 60 mins	
4.00 PM		YOGA 60 mins

STUDIO 2

	MON	TUE	WED	THU	FRI
5.45 AM	GROUP CYCLE 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	RPM 30 mins	GROUP CYCLE 30 mins		
5.50 PM	RPM 45 mins	BOXING 45 mins	RPM 45 mins	GROUP CYCLE 45 mins	

	SAT	SUN
7.30 AM	RPM 45 mins	
8.30 AM	RPM 45 mins	

AQUA FITNESS

	MON	TUE	WED	THU	FRI
5.45 AM		AQUA FIT 45 mins		AQUA FIT 45 mins	
8.35 AM	AQUA FIT 45 mins		AQUA DEEP 45 mins		AQUA FIT 45 mins
9.30 AM	AQUA FIT 45 mins	AQUA ENERGY 45 mins	AQUA FIT 45 mins	AQUA ENERGY 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 ENERGY 45 mins	AQUA FIT 45 mins		

	SAT	SUN
8.30 AM	AQUA ENERGY 45 mins	
9.30 AM		AQUA FIT 45 mins
10.30 AM	AQUA DEEP 45 mins	

HEALTH CLUB

	MON	TUE	WED	THU	FRI
5.45 AM	OMNIA X 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins
6.30 AM	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA X 30 mins	
9.15 AM	OMNIA 30 mins	OMNIA X 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA 30 mins	OMNIA X 30 mins
10.30 AM	LLLS 120 mins		LLLS 120 mins		LLLS 120 mins
10.45 AM	OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins		OMNIA SENIOR 30 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	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
5.45 PM	OMNIA 30 mins	OMNIA 30 mins	OMNIA X 30 mins	OMNIA 30 mins	OMNIA 30 mins
6.30 PM		OMNIA 30 mins		OMNIA 30 mins	

	SAT	SUN
9.00 AM	OMNIA X 30 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	OMNIA 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	

	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.

ZUMBA

Take the 'work' out of workout and dance your way to fitness with hypnotic Latin rhythms and easy to follow moves!

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.

AQUA ENERGY

Held in the shallow end of our outdoor 50m pool so no buoyancy belt is required. A low impact, cardio workout using a variety of equipment.

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.

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.

STRETCH & ROLL

Release muscular tension with the use of a foam roller to help stretch and roll away muscle tightness, improving posture and flexibility.

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.

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™

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

OMNIA X

Functional training that is based on the original OMNIA for the member that is after the 'x factor'.

OMNIA SENIOR

Functional training specifically designed for seniors.

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.

