



GROUP FITNESS TIMETABLE

MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM	FUNCTIONAL CIRCUIT 45 mins	WAR 60 mins	BODYPUMP 45 mins	HIIT + CORE 45 mins	WAR 60 mins	9.00 AM BODYPUMP 45 mins	BODYCOMBAT 50 mins
8.30 AM		BODYPUMP 45 mins		ABT 45 mins		10.00 AM ZUMBA 55 mins	BODYPUMP 45 mins
9.30 AM	BODYPUMP 45 mins	HIIT + CORE 45 mins	BODYATTACK 55 mins	BODYPUMP 45 mins	POWER STEP 45 mins	11.00 AM BODYBALANCE 60 mins	
10.30 AM	YOGALATES 60 mins	PILATES 60 mins	BODYBALANCE 60 mins	BODYCOMBAT 55 mins	ABT 45 mins	4.00 PM	YOGA 60 mins
11.30 AM				YOGALATES 60 mins	YOGA 60 mins		
5.15 PM	BODYPUMP 45 mins	HIIT + CORE 45 mins	CLUBBERCISE 50 mins	BODYPUMP 45 mins	BODYBALANCE 60 mins		
6.15 PM	ZUMBA 55 mins	BODYPUMP 45 mins	BODYPUMP 45 mins	BODYATTACK 60 mins			
7.15 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins				

HEALTH CLUB

	MON	TUE	WED	THU	FRI
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	

AQUA FITNESS

	MON	TUE	WED	THU	FRI
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		
10.30 AM		AQUA FIT 45 mins		AQUA FIT 45 mins	
5.30 PM		AQUA DEEP 45 mins	AQUA FIT 45 mins	AQUA FIT 45 mins	
6.30 PM	AQUA FIT 45 mins				

	SAT	SUN
9.00 AM	AQUA DEEP 45 mins	AQUA FIT 45 mins
10.15 AM	AQUA FIT 45 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	

STUDIO 2

	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	
5.45 AM	RPM 45 mins		RPM 45 mins		RPM 45 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	
9.15 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
9.30 AM		RPM 45 mins		RPM 45 mins	
10.00 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
5.15 PM	RPM 45 mins			RPM 45 mins	OMNIA 30 mins
5.30 PM		OMNIA 30 mins	OMNIA 30 mins		
6.05 PM	OMNIA 30 mins			OMNIA 30 mins	
6.15 PM		OMNIA 30 mins	RPM 45 mins		

	SAT	SUN
8.00 AM	RPM 45 mins	
9.00 AM	RPM 45 mins	OMNIA 30 mins
10.00 AM	OMNIA 30 mins	

Updated 6 June 2020

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.

ZUMBA

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

HIIT + CORE

A mixture of high intensity interval training with body weight exercises and options for all levels, this class will give you a total body workout with an abs and core finisher at the end.

ABT

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

BODYATTACK

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

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.

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.

YOGALATES

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

BODYBALANCE

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

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.

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.

CLUBBERCISE

Clubbercise is more than just a dance class - the easy to follow dance, toning, combat and cardio moves increase fitness benefits and keep participants coming back for more with a mix of 90's classics to the latest floor-fillers.

FUNCTIONAL CIRCUIT

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

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.

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.

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.

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.

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™

