

Group Fitness Timetable

Starting Monday, 28 September, 2020



LAfit

BODYPUMP

Tone, sculpt and strengthen your body with this barbell class which focuses on low weight and high reps for a total body workout.

BODYPUMP / CORE

Combination class of two highly effective body conditioning workouts. The collection of muscles within the core stabilises and moves the spine and this workout strengthens these important muscles.

HIIT

High intensity interval training workouts that aim to get results fast! HIIT utilises explosive, high impact body-weight exercises to get you in great shape.

STEP

Basic stepping, just like walking up and down stairs, is at the heart of Step – a full-body cardio workout to tone your butt and thighs. Our conditioning class variant adds low impact toning and conditioning exercises focusing on the lower body.

YOGA

A mind-body workout which improves flexibility, cardio and circulatory health, increases muscle and ligament strength resulting in toning and protection from injury. There is something for everyone!

BOXING

A fat burning cardio, strength and toning workout through boxing combos, cardio drills and specific boxing exercises.

PILATES

Body toning class which combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being.

PILATES BARRE

Pilates Barre is an exciting and challenging total body workout which incorporates dance concepts, pilates, cardio intervals and core work. This class uses bands, balls and weights, and is suitable for any fitness level.

KETTLEBELL

Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention.

JOINT MOBILITY

This workout stretches and strengthens the core muscles involved in functional movement, improving joint mobility and proper movement patterns.

Cycle Studio

RPM/SPIN

An interval based cycling workout which improves cardio fitness; burns fat; tones the lower body; increases leg strength and muscular endurance without adding bulk.

Aquatic Classes

AQUA

A fun aerobic total body workout which builds cardio stamina, increases circulation and flexibility with the benefit of less impact on joints, muscles and bones. Improve your joints, range of movement, balance and mobility with Aqua!

Opening Hours

Mon to Fri – 6am to 9pm | Weekends and Public Holidays – 8am to 6pm
 LAfit Extended hours Mon to Fri - 8pm to 9pm

Off-Peak hours

Mon to Fri – 8am to 3pm
 Weekends – 8am to 6pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	SPIN	LES MILLS BODYPUMP	HIIT	LES MILLS BODYPUMP	HIIT		
	HIIT	SPIN	LES MILLS RPM		LES MILLS RPM		
8.05am	PILATES	PILATES	PILATES	KETTLEBELL & JOINT MOBILITY	PILATES EXPRESS		
8.15am						SPIN	LES MILLS RPM
8.50am					PILATES EXPRESS		
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	LES MILLS RPM
	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP /CORE	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP	YOGA
	YOGA	PILATES		YOGA			
9.35am					PILATES EXPRESS		
10.15am	AQUA	AQUA	AQUA	STEP	AQUA	PILATES	YOGA
	KETTLEBELL	PILATES	KETTLEBELL				
	LES MILLS RPM						
10.20am					PILATES EXPRESS		
10.30am				AQUA			
11.15am	PILATES	KETTLEBELL	PILATES	PILATES	KETTLEBELL	STEP	
11.30am				AQUA EXPRESS PP			
12.00pm				AQUA EXPRESS PP			
12.15 pm	PILATES	YOGA	YOGA	PILATES	YOGA	AQUA PP	
1.00pm	AQUA PP						
1.15pm			PILATES			AQUA PP	
2.00pm	AQUA PP						
4.30pm	SPIN	LES MILLS BODYPUMP /CORE		BOXING OUTDOORS	LES MILLS RPM	YOGA	
5.30pm	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP	LES MILLS BODYPUMP	YOGA		
	SPIN	LES MILLS RPM	LES MILLS RPM	SPIN			
			BOXING OUTDOORS	AQUA PP			
6.30pm	PILATES BARRE	YOGA	SPIN				
		AQUA					

* AQUA EXPRESS PP is a 30 minute Aqua session hosted in the Program pool
 PILATES EXPRESS is a 35 minute Pilates session hosted in the Group Fitness room

Please note timetable changes may occur at any time. All classes have a fixed number of participants to ensure your safety and enjoyment. Book early to avoid disappointment.