

# Group Fitness Timetable

Starting Monday 17 February 2020



## LAfit

### **BODYPUMP** 30/45/60 mins

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

### **BODYPUMP/CX** 50 mins

Combination class of two highly effective body conditioning workouts.

### **CX WORX/CORE** 30 mins

The collection of muscles within the core stabilises and moves the spine and this workout strengthens these important muscles.

### **BOX-FIT** 45 mins

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

### **A.B.T** 40 mins

Low impact class with exercises focusing on toning and conditioning the abdominals, butt and thigh areas while increasing fitness and maximising fat burn. Using a mixture of body-weighted exercises, resistance bands and other light equipment.

### **HIIT** 45 min

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.

### **KETTLEBELL** 50 mins

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.

### **YOGA** 45 mins

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!

### **STEP/CONDITIONING** 45 mins

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.

### **STRENGTH & CONDITIONING** 45 mins

Increase physical strength and toning through weight-bearing and resistance exercises. All major muscle groups are targeted.

### **PILATES** 40/45 mins

Body toning class which combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being. Our Pilates classes vary, from Traditional Pilates, Modern Pilates and Pilates Barre.

### **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, no dance experience is required.

### **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** 45 mins

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** 45 mins

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	<b>LES MILLS BODYPUMP</b> / CORE 60 min	HIIT	<b>LES MILLS BODYPUMP</b> 60 min	HIIT		
			<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>		
8:10am	PILATES 40 min		PILATES 40 min				
8:15am				JOINT MOBILITY/ KETTLEBELL		SPIN	<b>LES MILLS RPM</b>
9:15am	YOGA	PILATES	<b>LES MILLS BODYPUMP/CXWORX</b> 50 min	YOGA	PILATES	<b>LES MILLS BODYPUMP</b> 60 min	YOGA
	<b>LES MILLS RPM</b>			<b>LES MILLS RPM</b>			
	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10:15am	KETTLEBELL	PILATES	KETTLEBELL	STEP CONDITIONING	PILATES		YOGA
	AQUA	AQUA	AQUA	AQUA	AQUA		
	<b>LES MILLS RPM</b>						
10:20am						PILATES	
11:15am	PILATES	KETTLEBELL	PILATES	PILATES	KETTLEBELL	STEP	
	AQUA						
11:40am				AQUA (programs pool)			
12:10pm			YOGA				
12:15pm	PILATES			PILATES	YOGA	AQUA (programs pool)	
1:00pm	AQUA (programs pool)		PILATES				
1:15pm						AQUA (programs pool)	
2:00 pm	AQUA (programs pool)						
4:30pm	SPIN	<b>LES MILLS BODYPUMP</b> / CORE 45 min			<b>LES MILLS RPM</b>	YOGA	
5:30pm	<b>LES MILLS BODYPUMP</b> 60 min	PILATES	<b>LES MILLS BODYPUMP</b> 50 min	AQUA (programs pool)	YOGA	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.	
	SPIN	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	SPIN			
		HIIT		BOX-FIT			
6:20pm		YOGA					
6:30pm	PILATES BARRE	AQUA	A.B.T	STRENGTH & CONDITIONING			