

Opening Hours

Mon to Fri - 6am to 8pm | Weekend & Public Holidays 8am to 6pm

LAfit Extended hours Mon to Fri - 8pm to 9pm

Monday 29 April - Sunday 5 May

	Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May	Saturday 4 May	Sunday 5 May
6.15am	Spin	Spin	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM		
		HIIT & Lift	HIIT		HIIT		
7.10am					Strength		
7.15am							
8.05am	Pilates	Pilates	Pilates	Stretch	Pilates		
8.15am						Stretch	LES MILLS RPM Virtual Class
						Spin	
9.10am			Strength				
9.15am	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	Yoga
	Spin	Spin		LES MILLS RPM	LES MILLS RPM		LES MILLS RPM Virtual Class
	Yoga	Pilates		Yoga	Pilates		
10.15am	Aquafit	Aquafit	Aquafit		Aquafit	Pilates	Yoga
	Kettlebell	Pilates	Kettlebell		Pilates		
11.15am	Pilates	Kettlebell	Pilates	Pilates	Yoga		
11.40am				Aqua Therapy			
12.15pm	Pilates	Yoga	Yoga	Pilates		Aqua Therapy	
1.00pm	Aqua Therapy						
1.15pm			Stretch	Kettlebell			
4.30pm			Strength	Boxing		Yoga	
5.30pm	LES MILLS BODYPUMP	Pilates	Boxing	LES MILLS BODYPUMP	Yoga		
	Spin	LES MILLS RPM Virtual Class	Spin	Spin			
			HIIT & Lift				
5.45pm			Aquafit PP				
6.30pm	Yoga	Yoga	Spin				
		Aquafit					

*'Aquafit PP' and Aqua Therapy classes are held in the Programs Pool.

Please note that 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.

LAFIT

Group Fitness Timetable



Group Fitness Class Descriptions

BODYPUMP

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

BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of LES MILLS BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.

TONE

A LES MILLS TONE™ workout includes a mix of exercises to work the whole body and elevate the heart rate. The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

BOXING (Outdoor Class)

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

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.

STRENGTH

Strength is a full body workout suitable for all fitness levels. This is a circuit based class with a variety of resistance exercises. Strength provides an opportunity to learn correct technique while also focussing on building strength, ability and confidence in a safe and welcoming environment.

HIIT

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

HIIT & Lift

This class starts with high-intensity interval training which involves short periods of intense anaerobic exercise with less intense recovery periods. The second half of this class includes medium to heavy weight lifting exercises, designed to improve overall muscle strength and appearance.

PILATES

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

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!

STRETCH

Improve the flexibility of your joints and muscles with a stretch class. Stretching is a vital component of any fitness regime. You are new to the gym or a professional athlete - stretching can assist in boosting the effectiveness of your training and recovery.

Cycle Studio Classes

RPM/SPIN

An interval based cycling workout which improves cardio fitness; burns fat; tones the lower body; increases leg strength and muscular endurance.

Aquatic Classes

'AquaFit PP' and Aqua Therapy classes are held in the Programs Pool. 'AquaFit Outdoors' is held in the Outdoor Pool. All other AquaFit classes are held in the Ariarne Titmus Competition Pool

AQUAFIT

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 AquaFit!

AQUA THERAPY

Aqua Therapy is an aquatic-based class that combines joint mobility, body weight therapy, strength work with dumbbells, and gentle stretching. These sessions are designed to clear out dysfunction in the body and leave participants moving and feeling better after each session.