

Group Fitness Timetable

Christmas Period 2017/18



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 30 mins

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

BOX-FIT 30/45 mins

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

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.

MET-CON 45 mins

A high intensity full body strength and cardio conditioning workout designed for strength gain, burning fat and building muscle.

HIIT 30 mins

High Intensity Interval Training is a very high intensity program designed to push participants to their maximum cardio, strength and endurance limits.

PILATES 45/50 mins

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

YOGA 45/50 mins

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

Cycle Studio

RPM/SPIN 30/45 mins

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

Aquatic Classes

AQ-FIT 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.

AQ-GENTLE 40 mins, Programs Pool

A gentle, supportive class suitable for all fitness levels and designed specifically for older adults to unload joints and increase the range of movement, balance and mobility.

Our timetable is created and structured to provide members with the option to take classes consecutively.

Speak with our Fitness Trainers to develop a schedule which will help deliver the results you're aiming for.

Call 03 6323 3636 to arrange a time.

LAFit Group Fitness Timetable

Christmas and New Year 2017/18

Classes to resume as normal 8 January, 2018

Opening Hours

Mon to Fri – 6am to 8pm


Weekends and Public Holidays – 8am to 6pm

Off-Peak hours

Mon to Fri – 9am to 3pm

Weekends – 8am to 6pm

	Monday 25 Dec	Tuesday 26 Dec	Wednesday 27 Dec	Thursday 28 Dec	Friday 29 Dec	Saturday 30 Dec	Sunday 31 Dec	
9:15am	 Public Holidays No Classes (Gym is open 8am - 6pm)		LESMILLS BODYPUMP/CXWORX 50 min AQ-FIT		PILATES AQ-FIT	LESMILLS BODYPUMP 60 min AQ-FIT		
10:15am			PILATES AQ-GENTLE	KETTLEBELL				
11:15am				PILATES				
5:15pm				LESMILLS BODYPUMP 30 min LESMILLS RPM 30 min	LESMILLS RPM 30 min			

	Monday 1 Jan	Tuesday 2 Jan	Wednesday 3 Jan	Thursday 4 Jan	Friday 5 Jan	Saturday 6 Jan	Sunday 7 Jan	
8:15am	 Public Holidays No Classes (Gym is open 8am - 6pm)						LESMILLS RPM	
9:15am			LESMILLS BODYPUMP/CXWORX 50 min AQ-FIT	AQ-GENTLE Outdoor	PILATES	LESMILLS BODYPUMP 60 min AQ-FIT		
10:15am			PILATES AQ-GENTLE	KETTLEBELL AQ-GENTLE	AQ-FIT KETTLEBELL			
11:15am				PILATES	AQ-GENTLE			
11:40am				AQ-FIT				
5:30pm				LESMILLS BODYPUMP 30 min LESMILLS RPM	LESMILLS RPM			
6:00pm				LESMILLS CXWORX 30 min				
6:20pm								
6:30pm								