

Group Fitness Timetable

Starting Monday 9 April 2018



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.

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.

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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am			BOX-FIT 40 min <i>New Time</i>		LES MILLS RPM <i>New Time</i>		
6:15am	SPIN	LES MILLS BODYPUMP 30 min		LES MILLS BODYPUMP 60 min	METCON		
	YOGA <i>New</i>	LES MILLS RPM					
6:45am		LES MILLS CXWORX 30 min	LES MILLS RPM				
8:15am							LES MILLS RPM
9:05am						LES MILLS BODYPUMP 60 min <i>New Time</i>	
9:15am	YOGA	PILATES	LES MILLS BODYPUMP/LES MILLS CXWORX 50 min	YOGA	PILATES		YOGA <i>New</i>
	SPIN			LES MILLS RPM			
	AQ-GENTLE	AQ-GENTLE	AQ-FIT	AQ-GENTLE <i>Indoors</i>	AQ-FIT	AQ-FIT	
10:15am	KETTLEBELL	KETTLEBELL	KETTLEBELL	KETTLEBELL	KETTLEBELL	PILATES	
	AQ-GENTLE	AQ-FIT	AQ-GENTLE	AQ-GENTLE	AQ-GENTLE		
11:15am	AQ-FIT						
	PILATES	PILATES	PILATES	PILATES	PILATES		
11:40am				AQ-GENTLE (programs pool)			
12:15pm	PILATES		YOGA			AQ-GENTLE (programs pool)	
1:00pm	AQ-GENTLE (programs pool)		PILATES				
2:00 pm	AQ-GENTLE (programs pool)						
5:30pm	LES MILLS BODYPUMP 30 min	PILATES 45 min	LES MILLS BODYPUMP 30 min	YOGA 45 min			
	SPIN <i>New Time</i>	LES MILLS RPM <i>New Time</i>		LES MILLS RPM			
6:00pm	LES MILLS CXWORX 30 min		LES MILLS CXWORX 30 min				
6:20pm		METCON		METCON			
6:30pm		AQ-FIT		AQ-FIT			

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.