

# Group Fitness Timetable

Starting Monday, 22 November, 2021



## 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.

### **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.

### **BOXING**

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

### **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.

### **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.

### **STRENGTH & CONDITIONING**

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

### **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.

### **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!

## 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	SPIN	HIIT	<b>LES MILLS BODYPUMP</b>	HIIT		
	STRENGTH & CONDITIONING	<b>tone</b>	<b>LES MILLS RPM</b>		SPIN		
8.05am	PILATES	PILATES	PILATES	<b>tone</b>	PILATES		
8.15am						<b>tone</b>	<b>LES MILLS RPM</b>
						SPIN	
9.15am	AQUA <b>LES MILLS RPM</b>	AQUA <b>LES MILLS RPM</b>	AQUA <b>LES MILLS BODYPUMP</b>	YOGA <b>LES MILLS RPM</b>	AQUA <b>LES MILLS RPM</b>	AQUA <b>LES MILLS BODYPUMP</b>	YOGA
	YOGA	PILATES			PILATES		
10.15am	AQUA	AQUA	AQUA	AQUA	AQUA	PILATES	YOGA
	KETTLEBELL	PILATES	KETTLEBELL	<b>LES MILLS BODYSTEP</b>	PILATES		
11.15am	PILATES	KETTLEBELL	PILATES	PILATES	YOGA	<b>LES MILLS BODYSTEP</b>	
11.40am				AQUA PP			
12.15pm	PILATES	YOGA	YOGA	PILATES	KETTLEBELL	AQUA PP	
1.00pm	AQUA PP						
1.15pm		<b>tone</b>	PILATES			AQUA PP	
2.00pm	AQUA PP						
4.30pm	SPIN	<b>LES MILLS BODYPUMP</b>				YOGA	
	<b>tone</b>						
5.00pm				<b>tone</b>			
5.30pm	<b>LES MILLS BODYPUMP</b>	PILATES	<b>LES MILLS BODYPUMP</b>	SPIN	YOGA		
	SPIN	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		AQUA PP		
	HIIT	BOXING OUTDOORS					
6.00pm				<b>LES MILLS BODYPUMP</b>			
6.30pm	YOGA	YOGA	SPIN				
		AQUA					

\* AQUA PP is AQUA class in the Programs Pool

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.