

Opening Hours

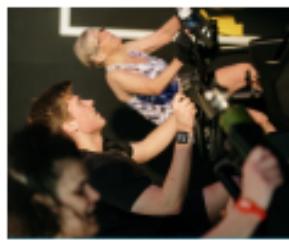
Mon to Fri - 6am to 8pm | Weekend & Public Holidays 8am to 6pm
 LAfit Extended hours Mon to Fri - 8pm to 9pm

Monday 8 April - Sunday 14 April

	Monday 8 April	Tuesday 9 April	Wednesday 10 April	Thursday 11 April	Friday 12 April	Saturday 13 April	Sunday 14 April
6.15am	Spin	Spin	LAWVILLE RPM	LAWVILLE BODYPUMP	LAWVILLE RPM		
		HIIT & LIFT	HIIT		HIIT		
7.10am					Strength		
7.15am							
8.05am	Pilates	Pilates	Pilates	Stretch	Pilates		
8.15am						Stretch	LAWVILLE RPM Virtual Class
						Spin	
9.00am			LAWVILLE BODYPUMP				
9.15am	AquaFit	AquaFit	AquaFit	AquaFit Outdoors	AquaFit	AquaFit	Yoga - Skye
	LAWVILLE RPM	LAWVILLE RPM		LAWVILLE RPM	LAWVILLE RPM	LAWVILLE BODYPUMP	LAWVILLE RPM Virtual Class
	Yoga	Pilates		Yoga	Pilates		
10.15am	AquaFit	AquaFit	AquaFit Outdoors	LAWVILLE BODYSTEP	AquaFit	Pilates	Yoga - Skye
	Kettlebell	Pilates	Kettlebell		Pilates		
11.15am	Pilates	Kettlebell	Pilates	Pilates	Yoga	LAWVILLE BODYSTEP	
11.40am				Aqua Therapy			
12.15pm	Pilates	Yoga	Yoga	Pilates		Aqua Therapy	
1.00pm	Aqua Therapy						
1.15pm			Stretch	Kettlebell			
4.30pm	LAWVILLE BODYPUMP	Strength	Boxing			Yoga	
5.30pm	LAWVILLE BODYPUMP	Pilates	Boxing	LAWVILLE BODYPUMP	Yoga		
	Spin	LAWVILLE RPM	LAWVILLE RPM	Spin			
		tone					
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 Timet

Group Fitness Class Descriptions

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

300

Basic skipping just like walking up and down stairs is at the heart of LES MILLS BODY STEP™ - a full-body cardio workout so you can burn a ton of fat and calories.

TOE ALES 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.

BOOKING (Outdoor Class)
At 6:15 am cardio, strength and toning
workout through boxing
cardio, cardio drills and specific boxing

Cycle Studio Classes

100

Yoga **Yoga** is a form of exercise that combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being.

INTRODUCTION

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 focusing on building strength, ability and

210

High intensity interval training work outs that aim to get result's fast HITT training explosive.

100

HIT & LIK 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.

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

Aquatic Classes

'Aquafit P&P' and **Aqua Therapy** classes are held in the Progarts Pool. '**Aqua & Questions'** is held in the Outdoor Pool. All other Aquafit classes are held in the Adjacent Tauron Connection Pool.

ACQUA

A fun aerobic cardio game flexibility joints, muscles, range and metabolism

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