

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	LOWMILLS RPM	LOWMILLS BODYPUMP	LOWMILLS RPM		
		HIIT & LIFT	HIIT		HIIT		
7.30am					Strength		
7.15am							
8.05am	Pilates	Pilates	Pilates	Stretch	Pilates		
8.15am						Stretch	LOWMILLS RPM Virtual Class
						Spin	
9.30am			LOWMILLS BODYPUMP				
9.15am	AquaFit	AquaFit	AquaFit	AquaFit Outdoors	AquaFit	AquaFit	Yoga - Skye
	LOWMILLS RPM	LOWMILLS RPM		LOWMILLS RPM	LOWMILLS RPM	LOWMILLS BODYPUMP	LOWMILLS RPM Virtual Class
	Yoga	Pilates		Yoga	Pilates		
10.15am	AquaFit	AquaFit	AquaFit Outdoors	LOWMILLS BODYSTEP	AquaFit	Pilates	Yoga - Skye
	Kettlebell	Pilates	Kettlebell		Pilates		
11.15am	Pilates	Kettlebell	Pilates	Pilates	Yoga	LOWMILLS BODYSTEP	
11.40am				Aqua Therapy			
12.15pm	Pilates	Yoga	Yoga	Pilates		Aqua Therapy	
1.00pm	Aqua Therapy						
1.15pm			Stretch	Kettlebell			
4.30pm		LOWMILLS BODYPUMP	Strength	Boxing		Yoga	
5.30pm	LOWMILLS BODYPUMP	Pilates	Boxing	LOWMILLS BODYPUMP	Yoga		
	Spin	LOWMILLS RPM	LOWMILLS 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 Timetable

Group Fitness Class Descriptions

BOOYBUMP

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

BOOYSTEP

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

TO NE

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, flexibility, balance, agility and core strength.

BOXING (Outdoor Class)

At it burning cardio strength and toning workout for punching 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 focusing on building strength, ability and confidence in a safe and welcoming environment.

HIT

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

HIT & 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.

PILA TONING

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

Increase 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 PPR 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 Atlantic 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, 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.

