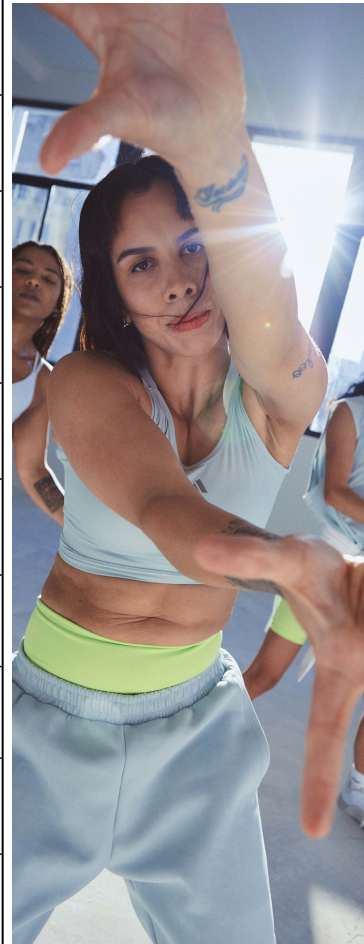


GROUP FITNESS TIMETABLE

STARTS 19 AUGUST 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am*	LES MILLS RPM Dao (30)	LES MILLS GRIT Elise (30)			FUNCTIONAL		
6:00am*	LES MILLS BODYPUMP Dao (45)	LES MILLS CORE Alecia (30) - 6:00am	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS Shapes Alecia (45)	STEP Gwen (30)		
7:00am						BOOTCAMP Evan (30)	
8:00am						LES MILLS RPM Mel (45)	STEP Jeannie (45)
8:30am		LES MILLS Shapes			LES MILLS BODYATTACK Ammany (30)		
9:00am	STEP Alecia (30)	Gwen (45)* 8:45am	BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	YOGA VINYASA FLOW Teresa (60)
	LES MILLS RPM Mel (30)	FUNCTIONAL					
9:30am	LES MILLS BODYPUMP Mel (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODYSCULPT Chris (60)	LES MILLS DANCE Rose (45)		
			YOGA FAST FLOW Christina (60) Spin Studio	LES MILLS DANCE Rose (45) - Female Only	FREESTYLE CYCLE Alecia (30)		
9:45am							
10:30am							
11:00am	Active GOLD Roger (45)		Active GOLD Chris (45)		Active GOLD Fariba (45)		
3:30pm		SUPERVISED TEEN GYM		SUPERVISED TEEN GYM			
5:00pm	TEEN ACTIVE		TEEN ACTIVE		TEEN ACTIVE		
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (45)	LES MILLS CORE Jako (30)	LES MILLS BODYCOMBAT Gwen (45)	LES MILLS BODYATTACK Ana (45)		
6:00pm	BODYSCULPT Chris (60)	LES MILLS BODYPUMP Ammany (45) 6:15pm	LES MILLS RPM Jako (45)				
			LES MILLS Shapes Gwen (30)				
6:30pm		YOGA VINYASA FLOW Teresa (60)	ZUMBA Tim (60)	LES MILLS BODYPUMP Fariba (55)			
7:00pm	ZUMBA Trish (60)						



Please refer to our website for the most updated timetable | *Class times varies by 15 minutes on some programs. Please note there may be some classes that are female only.

CLASS DESCRIPTIONS

Les Mills Shapes: This is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

Les Mills GRIT: A 30-minute HIIT workout designed to improve strength and build lean muscle.

Les Mills CORE: A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

Les Mills Dance: A fun-loving, insanely addictive dance workout. No dance experience required.

Les Mills RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

Bodysculpt: An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

Zumba: Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

STEP: A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

Boxfit: A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

Yoga: Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

Meditation: In this class, we focus the mind on the breath, an object or a thought, to help us connect with the present moment, act more compassionately towards ourselves and others, and ultimately, achieve mental and emotional clarity and calm.

WOD: Workout of the day! Created by our instructors to ensure you get the best out of your session when you attend this 30min class. Great for after a heavy strength session.

Functional: A functional workout is focused on building a body capable of doing real-life activities in real-life positions. Movements such as squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine



**EXERCISE
PHYSIOLOGY**

Michael Clarke
Recreation Centre
Enquire today

**Class times may sometimes vary. Please refer to our website for the most updated timetable*