



STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	Les Mills Core - 5:20am 30min	Les Mills GRIT Strength		Les Mills BodyPump 60 mins	Les Mills GRIT Strength		
6.00am	Les Mills BodyPump 45 mins	Yoga - 6.15am	HIIT 45 mins		Les Mills Core - 6:05am 30min	6.15am - Les Mills BodyPump 45 mins	
7.00am		BodyFit 45 mins - 7.30am			Mat Pilates - 7.15am		
8.00am	Mat Pilates		Yoga	BodyFit 45 mins	BodyFit 8:05am 45 mins	Les Mills BodyPump 45 mins	Les Mills BodyCombat
9.00am	ABT	Les Mills BodyPump 60 mins			Les Mills BodyPump 45 mins	Yoga	Les Mills BodyPump 45 mins
9.15am			Zumba	Les Mills BodyPump 45 mins			
10.00am	Yoga				Yoga		Yoga
10.15am		Mat Pilates		Mat Pilates		Mat Pilates	
11.00am	TRX+ - 11.15am		TRX+		Zumba Gold 11.15am		
12.15pm	Low-impact Exercise		Low-impact Exercise			Yoga 2:00pm	
4.15pm				Zumba			
4.30pm	XFIT 45 mins	Les Mills BodyPump 45 mins	Mat Pilates				
5.30pm	Yoga 5:35pm	ABT	Les Mills BodyCombat	Les Mills BodyPump 45 mins			
6.30pm		Stretch & Meditation		Yoga			

CYCLE STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sprint - 4.45am	RPM - 5.30am	Sprint - 5.15am	RPM - 5.00am	Sprint - 5.15am	Sprint - 6.15am	Sprint - 7.00am
	RPM - 5.30am	Sprint - 9.15am	Sprint - 6.00am	Sprint - 8.45am	Sprint - 6.00am	RPM - 7.05am	RPM - 8.00am
	Sprint - 9.00am	Sprint - 5.30pm	RPM - 9.00am	RPM - 4.30pm	RPM - 9.15am	Sprint - 8.30am	
	RPM - 4.45pm		Sprint - 12.30pm	Sprint - 5.30pm	Sprint - 12.30pm		
			RPM - 5.30pm		RPM - 4.00pm		

\* All cycle classes are Les Mills Programs

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Fit 20m Pool	DWEX		
7.30am						DWEX	
9.00am		DWEX Intensive		DWEX Intensive			
10.15am	DWEX		DWEX		DWEX		
12.00pm	Aqua Zumba 20m Pool	Aqua Fit 20m Pool	Aqua Fit 20m Pool		Aqua Fit 20m Pool		
5.30pm		DWEX		DWEX			

GYM / OUTDOOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		Boxing Circuit					
8.30am						XFIT	
9.15am	HIIT 45 mins		HIIT 45 mins		HIIT 45 mins		

\* Timetable subject to change and some charges may apply. For the latest information check the Group Exercise Board, speak to your instructor or call Reception on (07) 5500 9988.



Bookings are required for all classes through the member portal.



Cardio



Strength



Flexibility

## ABT

Tone your abs, butt and thighs. This class includes exercises that focuses on your lower body as well as your core, working on strengthening and toning common problem areas.

## AQUAFIT

A low-impact, power-packed class in the indoor pool that combines cardio and toning exercises using water as your resistance.

## BODYCOMBAT

You'll punch and kick your way to fitness with this high-energy martial arts-inspired workout. Its' totally non-contact and there are no complex moves to master.

## BODYPUMP

A non-impact workout using an adjustable barbell that challenges every major muscle in your body. Guaranteed to tone and shape.

## BODYFIT

A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.

## BODY CONDITIONING

Tone and shape every inch of your body using weights, barbells and lower body resistance techniques.

## BOXING CIRCUIT

Rotate between strength, conditioning and cardiovascular exercise, using a variety of equipment including mitts, pads, skipping ropes and weights.

## CORE

You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

## DEEP WATER EXERCISE

Water-resistance running and conditioning class in our outdoor heated pool using buoyancy belts and water noodles.

## GRIT

A LES MILLS 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Using barbells, weight plates and body weight exercises GRIT will work all major muscle groups. With options to cater to all levels of fitness GRIT is sure to get you rapid results!

## HIGH INTENSITY INTERVAL TRAINING (HIIT)

A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Classes are 45mins or 1 hour, so remember to check your timetable!

\*\*\*Reminder to bring your own aqua belt and mat.

## LOW-IMPACT EXERCISE

Circuit session by allied health professionals with rehab knowledge & expertise, educating & optimising body movement.

## PILATES

Increase core strength, flexibility and become more body aware.

## RPM

A LES MILLS high-energy indoor cycling class that's a great cardio workout. Match terrain with tempo, experience rolling hills, winding roads, sprints and intervals.

## RUN CLUB

Interval based running session on the IAAF Athletics Track. Suitable for all abilities to improve running/cardio fitness and technique.

## RUN, SPIN, CRUNCH

Train like an athlete in this action packed class with a variety of training utilising track, bikes and weights.

## SPRINT

If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

## STRETCH & MEDITATION

Meditation and mindfulness enables us to simply be present with our life. You will learn different meditation techniques which will help us with life's challenges. Combining gentle exercise and stretching which will leave you feeling relaxed and calm.

## TRX+

Circuit training utilising the TRX in combination with bodyweight strength and Pilates based exercise.

## XFIT

A strength and Conditioning style workout performed at a high intensity level incorporating functional movements

## YOGA

Relieve stress and improve flexibility, strength, balance, posture and circulation. Learn to connect the body and mind through breathing.

## ZUMBA

High and low intensity moves for an interval style, calorie burning dance fitness party. Exercise in disguise!!

## ZUMBA GOLD

For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.