

| STUDIO                                     | MONDAY                        | TUESDAY                                 | WEDNESDAY                | THURSDAY                   | FRIDAY                          | SATURDAY                                | SUNDAY                     |
|--------------------------------------------|-------------------------------|-----------------------------------------|--------------------------|----------------------------|---------------------------------|-----------------------------------------|----------------------------|
| 5.30am                                     | Les Mills Core - 5:20am 30min | 5.20am - Les Mills Strength Development |                          | Les Mills BodyPump 60 mins | Les Mills GRIT Strength         |                                         |                            |
| 6.00am                                     | Les Mills BodyPump 45 mins    | Yoga - 6.15am                           | Les Mills Ceremony       |                            | Les Mills Shapes 6.05am (30min) | 6.15am - Les Mills Strength Development |                            |
| 7.00am                                     |                               | BodyFit 45 mins - 7.30am                |                          |                            | Mat Pilates                     |                                         |                            |
| 8.00am                                     | Mat Pilates                   |                                         | Yoga                     | BodyFit 45 mins            | BodyFit 45 mins                 | Les Mills BodyPump 45 mins              | Les Mills BodyCombat       |
| 9.00am                                     | Les Mills Shapes              | 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                            |                                         | Les Mills BodyBalance      |
| 10.15am                                    |                               | Mat Pilates                             |                          | Mat Pilates                |                                 | Mat Pilates                             |                            |
| 11.00am                                    | TRX+ - 11.15am                |                                         | TRX+                     |                            | Zumba Gold 11.15am              |                                         |                            |
| 12.15pm                                    | Low-impact Exercise           | Les Mills BodyBalance                   | Low-impact Exercise      |                            |                                 | Yoga 2:00pm                             |                            |
| 4.15pm                                     |                               |                                         |                          | Zumba                      |                                 |                                         |                            |
| 4.30pm                                     | Les Mills Ceremony            | Les Mills BodyPump 45 mins              | Mat Pilates              |                            |                                 |                                         |                            |
| 5.30pm                                     | Yoga 5:35pm                   | ABT                                     | Les Mills BodyPump Heavy | Les Mills BodyPump 45 mins | Run, Spin, Crunch               |                                         |                            |
| 6.30pm                                     |                               | Stretch & Meditation                    | Les Mills BodyBalance    | Yoga                       |                                 |                                         |                            |
| <b>CYCLE STUDIO</b>                        | <b>MONDAY</b>                 | <b>TUESDAY</b>                          | <b>WEDNESDAY</b>         | <b>THURSDAY</b>            | <b>FRIDAY</b>                   | <b>SATURDAY</b>                         | <b>SUNDAY</b>              |
| * All cycle classes are Les Mills Programs | Sprint - 4.45am               | RPM - 5.30am                            | Sprint - 5.15am          | RPM - 5.00am               | Sprint - 5.15am                 | Sprint - 6.15am                         | Sprint - 7.15am            |
|                                            | 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                    |                                         |                            |
| <b>POOL</b>                                | <b>MONDAY</b>                 | <b>TUESDAY</b>                          | <b>WEDNESDAY</b>         | <b>THURSDAY</b>            | <b>FRIDAY</b>                   | <b>SATURDAY</b>                         | <b>SUNDAY</b>              |
| 7.00am                                     | DWEX                          | Aqua Fit 20m Pool                       | DWEX                     | Aqua Fit 20m Pool          | DWEX                            |                                         |                            |
| 7.30am                                     |                               |                                         |                          |                            |                                 | DWEX                                    |                            |
| 9.00am                                     |                               | DWEX                                    |                          | DWEX                       |                                 |                                         |                            |
| 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                       |                                 |                                         |                            |
| <b>GYM / OUTDOOR</b>                       | <b>MONDAY</b>                 | <b>TUESDAY</b>                          | <b>WEDNESDAY</b>         | <b>THURSDAY</b>            | <b>FRIDAY</b>                   | <b>SATURDAY</b>                         | <b>SUNDAY</b>              |
| 8.30am                                     |                               |                                         |                          |                            |                                 | HIIT                                    |                            |
| 9.15am                                     | HIIT 45 mins                  |                                         | HIIT 45 mins             |                            | HIIT 45 mins                    |                                         |                            |
| 6.00pm                                     |                               | Run Club                                |                          |                            |                                 |                                         |                            |

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





**Bookings are required for all classes through the member portal.**

## **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.

## **BODYBALANCE**

Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, also utilising elements of Tai Chi and Pilates.

## **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.

## **BODYPUMP HEAVY**

Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun.

## **BODYFIT**

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

## **CEREMONY**

45 minute functional circuit class utilising strength training and cardio conditioning. It is Interval based training using bells to signify work and rest periods as you move through the different stations

## **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. Please remember to bring your own aqua belt.

## **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)**

Circuit based training that involves an interval workout approach that alternates between short bursts of intense exercise and brief recovery periods

## **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. Please bring your own mat.

## **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 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.

## **SHAPES**

Les Mills SHAPE™ is a full body, low impact strength workout inspired by Pilates, Barre, and Power Yoga designed to bring the burn!

## **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.

## **STRENGTH DEVELOPMENT**

Les Mills progressive strength training, meaning each workout focuses on a specific training for building strength over each workout. The music provides great workout tracks but there's no requirement to move to the beat. Instead, optimum results are achieved through the use of time under tension and rep-ranges, depending on the sessions requirements.

## **TRX+**

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

## **XFIT**

A Strength & 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. Please bring your own mat.

## **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.