

DAILY TIMETABLE

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5.30 AM		0110		R-STRENGTH		
5.45 AM			1			
7.15 AM						
8.15 AM		LITE	LITE			Lesmills BODYPUMP
8.45 AM	ABS, BUTTS & THIGHS					
9.30 AM 🤇		RETRO AEROBICS	R-BALANCE & TONE	STEP FREESTYLE	LESMILLS BODYPUMP	🕑 ZVMBA
10.30 AM	STEP FREESTYLE	Lesmills BODYPUMP	10.45AM LITE NEW	ABS, BUTTS & THIGHS		
4.50 PM						
5.30 PM	BOXING	LESMILLS BODYPUMP	SVMBA"	SVMBA		
6.30 PM	LESMILLS BODYPUMP					
	·	C	YCLE STUD	0		
5.45 AM		LesMills RPM	LesMills RPM		LesMills RPM	
6.30 AM						LesMills RPM
9.30 AM	LesMills RPM		LesMills RPM		LesMills RPM	
5.30 PM	LesMills RPM		lesmills RPM			
		MIND	& BODY S	TUDIO		
5.45 AM					CIRCUIT EXPRESS	
7.30 AM				1 ^{AM} PILATES NEW		CIRCUIT EXPRESS
8.00 AM					PILATES MATS	
8.30 AM	YOGA 1		YOGA 1	PILATES BALLS		
8.45 AM						QI GONG
9.00 AM		CIRCUIT EXPRESS			9.10AM PILATES	
9.30 AM				PILATES BALLS		
10.15 AM	YOGA CORE	YOGA 1	NEM QI GONG		0.30AM LESMILLS BODYBALANCE	
4.30 PM	PILATES BANDS					
5.30 PM	PILATES BANDS	CIRCUIT		CIRCUIT EXPRESS		
6.00 PM			YOGA 2			

STAFF HOURS MON - FRI 7.00am - 12.00pm Mon & Wed 3.30pm - 6.30pm Sat 7.00am - 10.30am

Follow us

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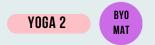
RPM IS THE INDOOR CYCLING ROUTINE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. TAKE ON THE TERRAIN WITH YOUR INSPIRING COACH WHO LEADS THE PACK THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS AND INTERVAL TRAINING. IT'S A GREAT CARDIO WORKOUT THAT STRENGTHENS YOUR HEART, LEGS, BUTT AND CORE.



BODY BALANCE IS A YOGA, TAI CHI AND PILATES WORKOUT THAT BUILDS FLEXIBILITY, STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM. CONTROLLED BREATHING, CONCENTRATON AND A CAREFULLY STRUCTURED SERIES OF STRETCHES, MOVES AND POSES TO MUSIC CREATE A HOLISTIC WORKOUT THAT BRING THE BODY INTO A STATE OF HARMONY AND BALANCE. SUITABLE FOR ALL FITNESS LEVELS.



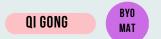
YOGA WILL INCREASE YOUR FLEXIBILITY WHILST NATURALLY BUILDING STRENGTH, CALMING YOUR MIND AND BODY ASSISTING YOU TO DE-STRESS. YOGA 1 IS A GENTLE FLOW YOGA FOR BEGINNERS TO INTERMEDIATE.



YOGA 2 IS A BLENDED YOGA WITH LONGER POSE HOLDS Options. Great for all fitness levels including PRE-NATAL and Postnatal Mums.



YOGA CORE IS A DYNAMIC BLEND OF YOGA AND PILATES Sequences. It's a great class for developing Balance and flexibility to help build a strong Core.



QIGONG, IS A SYSTEM OF COORDINATED BODY-POSTURE AND MOVEMENT, BREATHING, AND MEDITATION SAID TO BE USEFUL FOR THE PURPOSES OF HEALTH, SPIRITUALITY, AND MARTIAL ARTS TRAINING.

STEP

AEROBIC WORKOUT ROUTINES ON A STEP. YOU CHOOSE YOUR HEIGHT LEVEL & INTENSITY

R-STRENGTH

R-STRENGTH IS A 30 MINUTE HIGH INTENSITY INTERVAL TRAINING SESSION THAT TAKES YOU IN TO OVERDRIVE, PUSHING YOU HARDER TO GET YOU FITTER. THE SHORT SHARP DEMANDING PROGRAM COMBINES WEIGHTS, RUNNING AND PLYOMETRIC EXERCISE FOR A FULL BODY WORKOUT THAT INCREASES AEROBIC CAPACITY, STRENGTH, ENDURANCE, METABOLISM AND POWER.

RETRO AEROBICS

THIS CLASS IS 100% FUN! IT WILL GET YOUR HEART RATE GOING AND INVOLVES ROUTINES WITH EASY DANCE MOVES. REMEMBER THE GRAPEVINE AND EASY WALKS OF THE 80'S AEROBICS ERA? IF YOU REALLY WANT TO TAKE YOURSELF BACK IN TIME, DRESS UP IN YOUR LYCRA AND GET MOVING.



INSPIRED BY ELITE ATHLETIC TRAINING PRINCIPLES, LES MILLS CORE IS A SCIENTIFIC CORE WORKOUT FOR INCREDIBLE CORE TONE AND SPORTS PERFORMANCE. YOU BUILD STRENGTH, STABILITY AND ENDURANCE IN THE MUSCLES THAT SUPPORT YOUR CORE, IMPROVE BALANCE AND ASSIST WITH INJURY PREVENTION.



PILATES BALLS IS A CLASS THAT USES SMALL SOFT PILATES BALLS TO CREATE MUSCULAR STRENGTH, FLEXIBILITY AND RESISTANCE. IT PROVIDES AN UNSTABLE PLATFORM THAT ENCOURAGES AND BUILDS BALANCE AND AWARENESS THROUGHOUT THE BODY.



PILATE BANDS USES A RESISTANCE BAND WHICH ALLOWS PARTICIPANTS TO TONE AND STRENGTHEN, FOCUSING ON CONTROL AND RECRUITING STABILISING MUSCLES. THE BAND ALLOWS THE USER TO CONTROL THE ANGLE AND DIFFICULTY OF THE MOVES.



MATS MAT

PILATES MATS FOCUSES SIGNIFICANTLY ON FLOOR/MATWORK PILATES, USING DYNAMIC BODY WEIGHT EXERCISES.

BOXING

PAIRING UP WITH A PARTNER. BYO PADS AND GLOVES. PAD WORK, WITH BODY WEIGHT EXERCISES

R-BALANCE & TONE

TRY THIS GENTLE, LOW KEY CLASS THAT Practices and trains your balance and core strength

BYO

MAT



BODYPUMP IS THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. THIS 60 MINUTE WORKOUT CHALLENGES ALL YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT ROOM EXERCISES LIKE SQUATS, PRESSES, LIFTS AND CURLS. BODYPUMP IS A GREAT PROGRAM TO GET LEAN AND FIT, FAST. (60MINS UNLESS INDICATED OTHERWISE)

CIRCUIT

CIRCUIT IS A HIGHLY MOTIVATING CLASS OFFERING EXERCISES THAT ARE LOW IN IMPACT AND USE A VARIETY OF CIRCUIT EQUIPMENT. IT IS GREAT FOR PEOPLE THAT WANT AN ALL OVER BODY WORKOUT.

LITE

LOW IMPACT TRAINING EXERCISE IS BASED ON GAINING STRENGTH FOR EVERYDAY FUNCTION. IT FOCUSES ON MOVEMENTS THAT WILL HELP SUPPORT YOUR JOINTS, ENABLE YOUR MUSCLES TO HOLD YOUR BODY IN ITS CORRECT POSITION AND ALLOW YOUR BODY TO OPERATE AND FUNCTION IN ITS IDEAL WAY.

AS ABOVE WITH AN EXTRA LITLE CHALLENGE!

SVMBA

ZUMBA IS MORE LIKE A DANCE PARTY THAN AN Aerobics Class. Inspired by Latin and Salsa Moves Zumba Makes A High Energy, incredibly Fun Class for All Ages and Fitness Levels.

ABS, BUTTS & THIGHS



A FREESTYLE CLASS THAT FOCUSES ENTIRELY ON Strengthening and toning your abdominals, Bottoms and thighs...the name says it all!

> CLASS DURATIONS (WHERE NOT INDICATED) RPM 45MINS YOGA 1 HOUR R-STRENGTH 30MINS RETRO AEROBICS 45MINS CORE 30MINS PILATES 45MINS LITE 45MINS ZUMBA 60MINS STEP 45MINS CIRCUIT 45MINS QIGONG 45-60MINS BOXING 45MINS R-BALANCE 45MINS