CLASSES TIMETABLE

RESOLVE FITNESS

DAILY SESSIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP FITNESS ROOM						
5.30am				R-STRENGTH		
5.45am	45 MINS LesMills BODYPUMP			6.00AM LesMills CORE		
6.30am						
8.15am		LITE	LITE	LITE	LITE	LesMills BODYPUMP
8.45am	30 MINS ABS BUTTS & THIGHS					
9.30am	45 MINS LesMills BODYBALANCE	RETRO AEROBICS	R-BALANCE & TONE	STEP FREESTYLE	LesMills BODYPUMP	ZUMBA
10.30am	STEP FREESTYLE	LesMills BODYPUMP	10.45AM LITE	ABS BUTTS & THIGHS 45 MINS	LITE	
4.50pm			LesMills CORE			
5.30pm	LesMills BODYPUMP	RETRO AEROBICS	ZUMBA	ZUMBA		
6.30pm						
CYCLE STUDIO						
5.45am		LesMills RPM	LesMills RPM		LesMills RPM	
6.30am						LesMills RPM
9.30am	LesMills RPM		LesMills RPM		LesMills RPM	
5.30pm	LesMills RPM		30 MINS LesMills RPM			
MIND & BODY STUDIO						
5.45am			6am BOXING		CIRCUIT EXPRESS	
7.30am				7.00AM PILATES		CIRCUIT EXPRESS
8.00am					PILATES MATS	
8.30am	YOGA 1		YOGA 1	PILATES BALLS		
8.45am						QI GONG
9.00am		CIRCUIT EXPRESS			9.10AM PILATES	
9.30am				PILATES BALLS		
10.15am	YOGA CORE	YOGA 1	QI GONG		10.30AM LesMills BODYBALANCE 60 MINS	
4.30pm	PILATES BANDS					
5.30pm	PILATES BANDS	CIRCUIT		CIRCUIT EXPRESS		
6.00pm			YOGA 2			

WE HAVE OVER 360 VIRTUAL CLASSES RUNNING 24 HOURS A DAY. CHECK OUT OUR WEBSITE FOR VIRTUAL TIMETABLES.
RESOLVEFITNESS.COM.AU

STAFF HOURS

MON - FRI 7.00AM to 12.00pm | MON & WED 3.30pm to 6.30pm | SAT 7.00am to 10.30am

OUR CLASSES

RESOLVE FITNESS

DAILY SESSIONS

LesMills BODYPUMP

BODY PUMP 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 INTRODUCTORY PROGRAM AND IS SUITABLE FOR ALL FITNESS LEVELS.

LesMills BODYBALANCE BYO MAT

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

LesMills RPM

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

LesMills CORE

CORE 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, ASSIST INJURY PREVENTION, AND BECOME BETTER AT EVERYTHING YOU DO.

ZUMBA

ZUMBA SPANISH FOR “BUZZ LIKE A BEE AND MOVE FAST” IS MORE LIKE A DANCE PARTY THEN AN AEROBICS CLASS. INSPIRED BY LATIN AND SALSA DANCING, ZUMBA MAKES A HIGH ENERGY, INCREDIBLY FUN CLASS FOR ALL AGES AND FITNESS LEVELS.

ABS BUTTS & THIGHS BYO MAT

ABS, BUTTS & THIGHS A FREESTYLE CLASS THAT FOCUSES ENTIRELY ON STRENGTHENING AND TONING YOUR ABDOMINALS, BOTTOMS AND THIGHS (THE NAME SAYS IT ALL!)

R-BALANCE & TONE BYO MAT

R-BALANCE & TONE IS A GENTLE LOW KEY CLASS THAT PRACTISES AND TRAINS YOUR BALANCE AND CORE STRENGTH.

BOXING

BOXING PARTNER UP WHILE YOU LEARN THE FOUNDATIONS OF BOXING. NON-CONTACT, HIGH INTENSITY, SUPER ENERGETIC CLASS THAT FOCUSES ON OVERALL FITNESS, STRENGTH, HAND-EYE CO-ORDINATION, BALANCE, AGILITY AND DAILY BRAIN FUNCTIONING.

STEP FREESTYLE

STEP FREESTYLE IS AN AEROBIC WORKOUT ROUTINE ON A STEP. YOU CHOOSE YOUR HEIGHT LEVEL AND INTENSITY.

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 ARE UNCERTAIN ABOUT WEIGHT TRAINING BUT WANT TO TONE THEIR BODY.

CIRCUIT EXPRESS

CIRCUIT EXPRESS IS A HIGHLY MOTIVATING 45 MINUTE CLASS OFFERING EXERCISES THAT ARE LOW IN IMPACT AND USE A VARIETY OF CIRCUIT EQUIPMENT. IT IS GREAT FOR PEOPLE THAT ARE UNCERTAIN ABOUT WEIGHT TRAINING BUT WANT TO TONE THEIR BODY.

LITE

LITE LOW IMPACT TRAINING EXERCISES, IS BASED ON GAINING STRENGTH FOR EVERYDAY FUNCTION. WE FOCUS 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.

YOGA 1 BYO MAT

YOGA 1 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 IMMEDIATE.

YOGA 2 BYO MAT

YOGA 2 IS A BLENDED YOGA WITH LONGER POSE HOLDS OPTIONS, GREAT FOR ALL FITNESS LEVELS INCLUDING PRE-NATAL AND POST-NATAL MUMS.

LITE +

LITE PLUS AS ABOVE WITH AN EXTRA LITTLE CHALLENGE.

YOGA CORE BYO MAT

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.

QI GONG BYO MAT

QI GONG 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.

RETRO AEROBICS

RETRO AEROBICS IS A CLASS THAT IS 100% FUN. IT WILL GET YOUR HEART RATE GOING AND INVOLVES ROUTINES WITH EASY DANCE MOVES. REMEMBER THE GRAPEVINE AND ESY WALKS OF THE 80’S AEROBICS ERA? IF YOU REALLY WANT TO STEP BACK IN TIME, DRESS UP AND BRING YOUR FLURO LYCRA.

PILATES

PILATES BALLS BYO MAT

PILATES BANDS BYO BAND BYO MAT

PILATES MATS BYO MAT

PALITIES BALLS IS A CLASS THAT USES SMALL SOFT BALLS TO CREATE MUSCULAR STRENGTH, FELXIBILITY AND RESISTANCE. IT PROVIDES A LATFORM THAT ENCOURGES AND BUILDS BALANCE AND AWARENESS THROUGHOUT THE BODY

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

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R-STRENGTH

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

Class Durations (unless otherwise stated)

RPM -	45 minutes	STEP -	45 minutes
YOGA -	60minutes	CIRCUIT -	60 minutes
R-STRENGTH -	30 minutes	CIRCUIT EXPRESS -	45 minutes
RETRO AEROBICS -	45 minutes	GI GONG -	45-60 minutes
CORE -	30 mins	BOXING -	45 minutes
PILATES -	45 mins	R-BALANCE -	45 minutes
LITE -	45 mins	ZUMBA -	60 minutes

PLEASE SEE ONE OF THE CLUB TRAINERS TO ASSIST YOU WITH YOUR FITNESS GOALS. PERSONALISED PROGRAMS TO SUIT YOUR NEEDS ARE AVAILABLE.