

**STUDIO ONE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00	HIITME 30		BODYPUMP					
6:30	BODYBALANCE EXPRESS					8:30	BODYPUMP EXPRESS	
9:30	BODYPUMP	SH'BAM	HIITME	SH'BAM	BODYPUMP	9:00	GRIT SERIES	ACTIVE BOXING
10.30		BODYBALANCE				9:30	BODYSTEP	
10.45	ENERGISE		REVIVE		ENERGISE	10:30	BODYCOMBAT	
5:30	BODYPUMP	GRIT STRENGTH	BODYCOMBAT	BODYSTEP		3:00	SH'BAM	
6:00		CXWORX			SH'BAM/JAM PARTY	3:30		GRIT CARDIO
6:30	SH'BAM	ACTIVE BOXING	BODYPUMP EXPRESS	BODYPUMP		4:00		BODYPUMP
7:00			SH'BAM			5.15		BODYBALANCE

**STUDIO TWO**

5:30	GRIT SERIES (5.45pm)	BODYATTACK		BODYBALANCE		9:00	BODYBALANCE	
6:00								
6:30	BODYBALANCE	BODYJAM (6:40pm)	ALIGN	CXWORX		5:00	ALIGN	
7:00				BODYJAM				

**STUDIO THREE**

10:45		EMPOWER		EMPOWER				
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**CYCLE STUDIO**

6:00		RPM			RPM			
9:30				RPM		9:30	RPM HP	
6:00	RPM	RPM	SPRINT			10:00		SPRINT
6:30				RPM				

**AQUA**

6:30	FORCE				LIFE			
8:00				XT	VIVA	8:00	XT	
8:45			XT					
9:45	XT	VIVA	XT		ENERGY	4.00	LIFE	LIFE
6:45	ENERGY	LIFE	ENERGY	VIVA	XT	5.00	VIVA	

Shaded area indicates classes operating during Seasonal Crèche hours

**CENTRE OPENING HOURS:** MONDAY - FRIDAY 5:30am to 9:00pm  
SATURDAY - SUNDAY 7:00am to 7:00pm

**BODYPUMP** - is one of the fastest ways to strengthen your entire body. Challenging your major muscle groups by using the best weight-room exercises like Squats, Presses, Rows, Dead lifts and Curls. Duration: 55mins/Express 30mins

**BODYCOMBAT** – is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Duration 55mins

**BODYATTACK** - is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Duration: 55mins

**BODYSTEP** - is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Duration: 55mins

**SH'BAM** – featuring simple but serious dance moves. SH'BAM is the perfect way to shape up and let out your inner star – even if you're dance challenged! Duration: 45mins

**BODYJAM** - is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Duration: 55mins

**CXWORX** – this ultimate core workout is ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Duration: 30mins

**GRIT SERIES** – a 30 minute high intensity interval training workout that uses a combination of all Grit programs for a dynamic workout to improve your strength and fitness, enjoy the best of what all Grit programs have to offer. Duration 30mins

**GRIT STRENGTH** – is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and improve your fitness & strength fast. Duration: 30mins

**GRIT CARDIO** – is a 30 minute high intensity interval training workout featuring explosive high impact movements designed to burn fat and improve athletic capability. Duration: 30mins

**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. Duration: 45mins / HP 55mins

**SPRINT** – a 30 minute indoor cycling class using high intensity interval training, It's a quick and intense style of training that returns rapid results with minimal joint impact. Duration: 30mins

**BODYBALANCE** - is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centered and calm. Duration: 55mins

## **Active** FREESTYLE

**HIITME** - combines functional movements with interval training to increase your fitness, improve your strength and kick start your metabolism. Duration: 45mins

**ACTIVE BOXING** - the fun, fast paced boxing workout that gets your heart pumping while your hands are thumping. Duration 55mins

**ENERGISE** – this gentle, low impact cardio class is full of easy to follow moves and is designed to boost your fitness levels while you choose just how hard you can work. Duration: 45mins

**EMPOWER** – circuit training is the workout with it all. Using resistance and fitness stations you can target every part of your body at your own pace. Duration: 45mins

**REVIVE** - improves mobility & range of movement through stretching & strengthening, finishes with relaxation. Duration 45 mins

**ALIGN** – strengthens, stretches and relaxes you with this innovative mind body class. Target your core and increase your range of movement and flexibility while focusing on what matters, you! Duration: 55mins

## **Active** AQUA

**XT** – spices up your routine by incorporating several aqua training elements of fitness into one class. This cross training water session focuses on strength, cardio fitness and core work for an exciting total body workout. Duration: 45mins

**ENERGY** – This program is designed to strengthen your body using water resistance and aquatic specialized equipment while increasing your fitness with effective cardio exercises leaving you feeling revitalized Duration: 45mins

**FORCE** – a challenging and motivating aqua program aimed to increase endurance and strength using advanced aquatic movements and specialized aquatic equipment, take your aqua workout to the next level with this high intensity class. Duration: 45mins

**VIVA** – is the functional training water workout that prepares and strengthens the muscles that assist you in everyday activities. This is the all over body workout that gets you ready to live life to the fullest. Duration: 45mins

**LIFE** – is the program featuring all aqua training elements, suitable for any age group with a fun positive atmosphere. Duration 45mins