

STUDIO ONE

Commencing Monday 7th January 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00	EVOLUTION		BODYPUMP 30 XP	BODYCOMBAT		8:00	BODYPUMP 30 XP	EVOLUTION 8:10
6:30			REVIVE 30 XP			8:30	GRIT SERIES	
9:30	BODYPUMP	SH'BAM	EVOLUTION	SH'BAM	BODYPUMP	9:00	BODYBALANCE	BODYCOMBAT 30 XP
10:30		BODYBALANCE				9:30		GRIT SERIES
10:45	ENERGISE		REVIVE		ENERGISE	10:30	BODYCOMBAT	
17:30	BODYPUMP	GRIT STRENGTH	BODYCOMBAT	BODYBALANCE		15:00	SH'BAM	
18:00					SH'BAM	16:00		BODYPUMP
18:30	SH'BAM		BODYPUMP 30 XP	CXWORX				
19:00			SH'BAM	BODYJAM		17:15		BODYBALANCE

STUDIO TWO

17:30	GRIT SERIES			BODYSTEP		9:30	BODYSTEP	
18:00	BODYCOMBAT 30 XP	CXWORX 18:05	BODYBALANCE					
18:30				BODYATTACK				
18:40	BODYBALANCE					17:00	ALIGN	
19:00								

STUDIO THREE

10:45		EMPOWER		EMPOWER				
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CYCLE STUDIO

6:00		RPM			RPM	7:20	SPRINT	
9:30					RPM	9:30	RPM HP 55	
18:00	RPM	RPM	SPRINT			10:00		SPRINT
18:30				RPM				

LOW IMPACT (REPLACING AQUA)

Commencing Monday 15th October 2018

6:30	Low Impact (Sports Hall)				Low Impact (Sports Hall)			
7:00		Low Impact (Sports Hall)						
8:00				Low Impact (Sports Hall)	Low Impact (Sports Hall)	8:00	Low Impact (GFS2)	
8:45	Low Impact (Sports Hall)		Low Impact (Sports Hall)					
9:45	Low Impact (GFS2)		Low Impact (GFS2)		Low Impact (GFS2)	16:00	Low Impact (GFS2)	Low Impact (Sports Hall)
18:45		Low Impact (GFS2)			Low Impact (GFS2)	17:00		
19:00			Low Impact (GFS2)					

Indicates classes may make use of downstairs Performance Gym

Indicates classes operating during crèche hours

Operational hours: Weekdays 5:30am - 9:00pm Weekends 7:00am - 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. **30/55 MINUTES**

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, Thai Chi and Muay Thai. **30/55 MINUTES**

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. **55 MINUTES**

BODYATTACK - is a high energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. **55 MINUTES**

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! **55 MINUTES**

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. **45 MINUTES**

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

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. **30 MINUTES**

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. **30 MINUTES**

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

RPM - is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. **45/55 MINUTES**

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. **30 MINUTES**

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



FREESTYLE

EVOLUTION – combining functional movements and exercises using high intensity interval training and circuits. EVO will increase your fitness & endurance, improve your overall strength, core stability and kick start your metabolism. *Classes will often include boxing. **40 MINUTES**

ENERGISE – this low impact aerobics cardio class is full of easy to follow moves and is designed to boost your fitness levels while you choose just how hard you work. **45 MINUTES**

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. **45 MINUTES**

REVIVE - improves mobility, muscle tone, strength and core activation with resistance bands and body weight exercises. Finishing with top to toe stretches. **45 MINUTES**

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! **45 MINUTES**



LOW IMPACT LAND BASED - replacing Aqua Aerobics

All classes will be low impact varying focus and style. Classes may incorporate seated, standing, strength, circuit and flexibility exercises and may include floor work.

Land-based exercise provides benefits to participants, improving such things as; muscular strength, cardio-vascular endurance, balance, bone health, functional training and activities of daily living. **45 MINUTES**

Management reserves the right to alter this timetable when necessary according to demand and resources