

Effective NOVEMBER 2019

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	AEROBICS ROOM	CYCLE BOXING STUDIO	AEROBICS ROOM	CYCLE BOXING STUDIO	AEROBICS ROOM	CYCLE BOXING STUDIO	AEROBICS ROOM	CYCLE BOXING STUDIO	AEROBICS ROOM	CYCLE BOXING STUDIO
6:00am		SPRINT (30)	BODYPUMP (60)		METAPWR (30)	RPM (45)	GRIT SERIES (30)			RPM (45)
9:20am	BODYATTACK (45)		BODYPUMP (30)		GRIT STRENGTH (30)		BODYPUMP (60)		BODYATTACK (30)	
9:50am			CXWORX (30)						CXWORX (30)	
10:00am					YOGA (45)					
10:20am							BODYSTEP (45)			
10:30am	BODYBALANCE (60)			SPRINT (30)					BODYBALANCE (60)	
12:15pm	BODYPUMP (45)		GRIT CARDIO (30)		BODYPUMP (45)			SPRINT (30)	BODYPUMP (30)	
12:45pm									CXWORX (30)	
5:00pm	BODYSTEP (30)		BODYATTACK (30)			RPM (45)	GRIT STRENGTH (30)			SPRINT (30)
5:30pm	BODYPUMP (60)	SPRINT (30)	CXWORX (30)		GRIT CARDIO (30)		CXWORX (30)		BODYPUMP (60)	
6:00pm		BOXFIT (60)	METAPWR (30)	RPM (60)	BODYPUMP (60)	BOXFIT (60)	METAPWR (30)			
6:30pm	GRIT PLYO (30)						6:45pm			
7:00pm	BODYJAM (60)						BODYJAM (60)			

	SATURDAY		SUNDAY	
	AEROBICS ROOM	CYCLE BOXING STUDIO	AEROBICS ROOM	CYCLE BOXING STUDIO
8:20am	GRIT STRENGTH (30)			
9:00am	GRIT CARDIO (30)	RPM (45)		RPM (45)
9:30am	BODYPUMP (60)			
10:00am		BOXFIT (60)	BODYPUMP (60)	
10:30am	BODYJAM (60)			
11:30am	BODYBALANCE (60)			

CHILD MINDING OPENING TIMES	
Monday to Friday	9:00am to 1:15pm - 4:30pm to 7:00pm
Saturday	8:00am to 1:00pm
Sunday	8:45am to 12:00pm
Closed Public Holidays	
See Child Minding Staff for more Information	



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CLUB OPENING HOURS - 4AM THRU TO MIDNIGHT - 7 DAYS A WEEK

STRENGTH	BODYPUMP	is a weights class for absolutely everyone. This form of weight training will make you toned, lean & fit and shape your body, without adding bulky muscles. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a total body workout that burns lots of calories. This 30-45-60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.
	GRIT STRENGTH	is a workout that improves strength and builds lean muscle, uses barebell, weight plate and body weight exercises to blast all major muscle groups.
CARDIO	BODYATTACK	is a high-energy fitness class with moves that caters for total beginners to our total addicts. Combined with athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves your functional fitness, that is fitness that you need for everyday life, this is the sports-inspired cardio workout for building strength and stamina, taught in 30 - 45 -60 minutes formats.
	BODYJAM	is the ultimate combination of music & culture, this is the cardio workout where you are free to enjoy the sensation of dance. BODYJAM is made up of: house - Hip Hop - Drum "n" Bass - Trap - all styles of EDM.
	BODYSTEP	is a full body cardio workout that gets everyone from newcomers to fitness veterans energised. Basic stepping, just like walking up & down stairs, is at the heart of BODYSTEP - the class that will really tone your butt & thighs. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear in the 45 minute class
	BODYCOMBAT	is a high energy martial arts-inspired workout. You will learn how to punch, kick and strike your way to superior fitness & strength in the 30 & 60 minute classes. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. You will be releasing stress, having a blast and feeling like a champion before you know it
	RPM	is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit in our 30 - 45 - 60 minute classes. Based on the sport of cycle racing, RPM uses a series of simulated climbs and flats, mountain peaks, time trials, and interval training to create a workout where you control the intensity.
	BOXFIT	choose your format 30 minutes for beginners or that little extra 45 minutes for intermediate or 1 hour for the hard core workout. This is a boxing circuit class will improve your muscle reflexes in both your upper and lower body with punches and kicks. It will shape and tone the shoulders and legs, while burning plenty of calories along the way
FLEXIBILITY / CORE	CXWORX	provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it is the glue that holds everything together. You are guided through correct technique as you work with resistance bands and weight plates, as well as body weight exercises like crunches and hovers, you will also do exercises including hip, butt and lower back exercises. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body.
	BODYBALANCE	is a new yoga class for anyone and everyone. 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. Bending and stretching through safe & simple yoga moves, a BODYBALANCE class blends elements of Tai Chi and Pilates to strengthen your entire body.
	YOGA	Yoga class is a 45-minute well-balanced class focused on moving the body along with the breath. It teaches the fundamentals of yoga, includes dynamic sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, and core work. This class helps de-stress, enhance your health and wellbeing, and build strength, flexibility, focus, balance and endurance, leaving you feeling centered, calm and relaxed.
HIIT	METAPWR	is a bodyweight & equipment high intensity workout adaptable for all fitness level and abilities. It is a metabolic workout using functional kit and exercises mixed with programmed timings and variations. Using equipment such as battle ropes, power bags, kettlebells, slam balls, sleds and plyo boxes in a fast-moving power circuit
	SPRINT	is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick and intense style of training that returns rapid results with minimal joint impact. In just 30-minutes SPRINT will challenge participants physical and mental limits. They'll push through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. The payoff is the calorie burn for hours after stepping off the bike
	GRIT PLYO	is a workout, that will make you perform like an athlete, this workout uses a bench and combines explosive jumping exercises with agility training to build a powerful, lean and athletic body.
	GRIT CARDIO	is a workout, that will improve cardiovascular fitness, increase speed and maximise calorie burn, uses a variety of body weight exercises and provides the challenge and intensity to get results fast.