




### MOOROOPNA GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM								
5:30 PM								
6:00 PM								
6:30 PM								

### NORTHSIDE GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:15 AM		 		 		 		
10:15 AM		 						
5:30 PM								
6:00 PM								
6:30 PM				 				

 Child Friendly Classes: Our normal classes where parents are welcome to bring their children, there is an area in the Group Fitness room set up for them and the music will be a bit quieter.










### CYCLE STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
10:15 AM								
5:15 PM								
5:30 PM								

### AQUA STUDIO TIMETABLE








TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM								
7:00 PM								

### BOOT CAMP TIMETABLE (INCLUDED IN BOOTCAMP MEMBERSHIP)

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
5:30 PM								
6:30 PM								



## FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 <b>LES MILLS BODYCOMBAT</b>	60 mins	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. Strike, punch, kick and kata your way through calories to release your inner warrior.
 <b>LES MILLS BODYPUMP</b>	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 <b>LES MILLS BODYATTACK</b>	60 mins	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. Go from the weekend athlete to the hardcore competitor.
 <b>LES MILLS RPM</b>	45 mins	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. Discover your athlete within - sweat and burn to reach your endorphin high.
<b>XTRAFIT</b>	45 mins	Xtrafit is an awesome class designed to help strengthen the body and improve cardiovascular fitness for everyday life. It's a high intensity class using free weights and body weight and can be done by participants who are at a beginner level of fitness through to advance levels of fitness. It's great for weight loss and toning & firming the entire body.
 <b>YOGA</b>	60 mins	Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
<b>QUICKFIT</b>	45 mins	QuickFit is an awesome, full body workout in a quick 45 minute class. Set to music and combining a set of cardio and strength equipment, this class is designed to improve strength and stamina.
 <b>WaterAERO</b>	45 mins	A great cardio vascular aerobic workout in the water. WaterAero is low impact, easy on the joints and great fun!
 <b>FIGHTING FIT</b>	45 mins	Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.



Do you want results fast? Then Boot Camp is the answer! Military styled fitness training combines high intensity and heaps of motivation and support from your trainer. Boot Camp is the premium group training program for weight loss, reducing body fat, plus increasing strength and fitness. Plus, it's great FUN!

**GET UNLIMITED ACCESS TO AS MANY OF OUR BOOT CAMP SESSION AS YOU LIKE WITH YOUR BOOT CAMP MEMBERSHIP!**

**CALL NOW TO BOOK FOR A FREE TRIAL!**

\*Premium service - Included in Boot Camp Membership