



GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
8:30 AM								
9:15 AM								
10:20 AM								
5:00 PM								
5:30 PM								
6:30 PM								

All 6am classes are 45 minutes duration.

All Group Fitness classes are held in the upstairs group fitness studio.

SPIN STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
8:00 AM								
9:15 AM								
5:30 PM								
6:00 PM								

All SPIN classes are 45 minutes duration unless specified. All SPIN classes are held in the downstairs spin studio.

QUICKFIT TIMETABLE

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

Bookings are required for all QuickFit classes, spaces are limited.



FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYBALANCE	60 mins	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and 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.
 LES MILLS BODYCOMBAT	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.
 LES MILLS BODYPUMP	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!
 LES MILLS GRIT SERIES <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	30 mins	The new high intensity interval training (HIIT) workout by LES MILLS. The short, sharp, demanding workouts combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power. Don't be fooled this 30-minute small group/team training workout is intense, but with inspirational trainers and the power of the team you will shatter your boundaries and get super-fit, superfast.
 ActiveFit	30 mins	Active Fit is a 30 minute low impact workout focusing on a functional strength and movements to keep you fit and active.
 SPIN	45 mins	SPIN is a dynamic, musically driven group cycle class with a cross training effect. Ride the calorie burner for fat loss, fitness and fun.
 ZUMBA fitness	60 mins	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® is an exciting fun way to sculpt n tone the body. Join the party!!
 STRONG BY ZUMBA™	60 mins	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
 QUICKFIT	45 mins	QuickFit is designed for an awesome, full body workout in a quick 30 minute class. Set to music and combining a set of cardio and strength equipment, this class is designed to improve strength and stamina.

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

GROUP FITNESS CLASSES OFFER A HIGH ENERGY, MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.

CLICK NOW TO CLAIM YOUR 5 DAY FREE PASS!

