



## NORTHSIDE GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:15 AM								
10:15 AM		 45 MIN CLASS			 45 MIN CLASS			
5:30 PM								
5:45 PM								
6:30 PM								
7:30 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								
5:45 PM								
6:30 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								
6:00 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>YOGA</b>	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! 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	A time efficient, fun, motivating full body workout. You'll work every muscle group in 45 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!
 <b>LES MILLS CXWORX</b>	30 mins	CXWORX®, based on cutting-edge scientific research, is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.
 <b>WaterAERO</b>	45 mins	Water Aero is a fantastic low impact cardiovascular workout in the water for all ages. No matter your age or ability, our qualified instructors will guide you through a workout that will leave you feeling great!

**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!**



\*Premium service - Included in Boot Camp Membership