



### GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM						LES MILLS <b>BODYPUMP</b> 45		
7:30 AM		LES MILLS <b>BODYPUMP</b> 30	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b> 45	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYCOMBAT</b> 30		
8:00 AM		LES MILLS <b>CXWORX</b>				LES MILLS <b>SHBAM</b> 30		
8:30 AM		ActiveFit	PILATES & STRETCH	ActiveFit	PILATES & STRETCH	ActiveFit	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP</b>
9:15 AM		LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	ZUMBA fitness		
9:30 AM							LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYBALANCE</b>
10:20 AM		LES MILLS <b>BODYCOMBAT</b>	ZUMBA fitness	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYBALANCE</b>		
10:30 AM							LES MILLS <b>CXWORX</b>	
1:00 PM		LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b> 30	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b> 30		<b>On Demand Classes are available</b> <b>Monday – Friday</b> • Midnight to 5:30am • 8:30pm to Midnight <b>Monday – Thursday</b> • 2.00pm – 4.30pm* (Tues only to 3.30pm) <b>Friday</b> • 12.00pm – 4.30pm <b>Saturday and Sunday</b> • Midnight to 8:00am • 11:00am to Midnight	
1:30 PM			LES MILLS <b>CXWORX</b>		LES MILLS <b>CXWORX</b>			
5:00 PM		LES MILLS <b>CXWORX</b>	GRIT   STRENGTH	LES MILLS <b>CXWORX</b>	GRIT   STRENGTH	LES MILLS <b>CXWORX</b>		
5:30 PM		LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP</b>		
6:30 PM		LES MILLS <b>BODYBALANCE</b>	ZUMBA fitness	LES MILLS <b>BODYBALANCE</b>	ZUMBA fitness	LES MILLS <b>SHBAM</b>		
7:30 PM		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>SHBAM</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYBALANCE</b>		

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			SPIN 30 MIN CLASS		SPIN			
8:00 AM							SPIN 30 MIN CLASS	
9:15 AM		SPIN				SPIN		
5:30 PM			SPIN 30 MIN CLASS					
6:00 PM		SPIN		SPIN				

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		QUICKFIT				QUICKFIT		
5:00 PM				QUICKFIT				



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

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



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 - additional fees apply*

**FITNESS CLASSES**

CLASS	LENGTH	DESCRIPTION
	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.
	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.
	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!
	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.
	60 mins	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. Your legs will love it...
	30 mins	Active Fit is a 30 minute low impact workout focusing on a functional strength and movements to keep you fit and active.
	45 mins	Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun.
	60 mins	The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!
	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.
	30 mins	Pilates & Stretch is a 30 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
	30 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 30 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!

**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!**

