



GROUP FITNESS TIMETABLE

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

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.

BOOT CAMP TIMETABLE (INCLUDED IN BOOTCAMP MEMBERSHIP)

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		BOOT CAMP*	BOOT CAMP*	BOOT CAMP*	BOOT CAMP*			*Premium service - additional fees apply



Virtual Class times are on an initial trial and times may be changed depending on feedback and attendance numbers.

Virtual classes are identified by the virtual logo Virtual Classes are also available on demand, see reception for more details.



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
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 STRENGTH	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.
LES MILLS BODYSTEP	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...
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	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.
ZUMBA fitness	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!!!
LES MILLS CXWORX	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.
PILATES & STRETCH	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.
QUICKFIT	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!

