



**GROUP FITNESS TIMETABLE**

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:00 AM								
9:30 AM								
10:30 AM								
5:30 PM								
6:00 PM					 			
6:30 PM								
7:00 PM			 					
7:30 PM								

**SPIN STUDIO TIMETABLE**

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:30 AM								
6:30 PM								
7:30 PM								

**AQUATICS TIMETABLE**

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 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								
6:30 PM								
7:30 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
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!
FIGHTING FIT	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.
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.
THT	30 mins	A low impact class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
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!!!
metafit BODYWEIGHT TRAINING	30 mins	Metafit combines traditional bodyweight exercises with the latest High Intensity Interval Training techniques to set the metabolism on fire! It's a 30 min bodyweight workout that is for any fitness level, you simply work to your own maximum ability.
WaterAERO	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!**

