









GROUP FITNESS STUDIO TIMETABLE


TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		HIIT						
9:00 AM							LES MILLS BODYSTEP	LES MILLS BODYPUMP
9:15 AM		HIIT		LES MILLS BODYPUMP		LES MILLS BODYSTEP		
9:30 AM					HIIT			
10:00 AM								
10:30 AM			THT 					
11:00 AM								
5:30 PM				LES MILLS BODYPUMP				
5:45 PM								
6:30 PM			LES MILLS BODYSTEP		POWER			
6:45 PM		POWER		HIIT				

SPIN STUDIO TIMETABLE












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

MIND AND BODY TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM		 PILATES 						 YOGA
10:30 AM					 PILATES 			
11:00 AM							 PILATES	
7:45 PM		 PILATES	 YOGA	 PILATES	 YOGA			

 **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.

FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 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 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...
 HIIT	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 YOGA	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.
 PILATES	60 mins	Pilates is a 60 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.
 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!!!
 POWER	60 mins	POWER is a strength based class that will tone and strengthen your entire body, to get you the results you want - and fast!
 THT	60 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 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.
 GUNS & GLUTES	60 mins	GUN & GLUTES is ideal for all fitness levels, using a combination of resistance training and cardio training designed specially to target, firm and tone all of the muscles in the arms and buttocks! This class will have you feeling great and wanting more!!
 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.