

**GROUP FITNESS STUDIO TIMETABLE**

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				<b>LES MILLS BODYPUMP</b>	<b>SPIN</b>			
9:30 AM		<b>SPIN</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	<b>SPIN</b>	<b>SPIN</b> <b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYPUMP</b>
10:45 AM							<b>PILATES</b>	
6:00 PM		<b>SPIN</b>		<b>SPIN</b>				
6:30 PM		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYSTEP</b>			
7:00 PM			<b>SPIN</b>		<b>SPIN</b>			
7:45 PM		<b>PILATES</b>		<b>PILATES</b>				

**STAGE ONE TIMETABLE, STAY TUNED FOR EXCITING NEW ADDITIONS WITH STAGE 2!!**

**FITNESS CLASSES**

CLASS	LENGTH	DESCRIPTION
<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 BODYSTEP</b>	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...
<b>PILATES</b>	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.
<b>SPIN</b>	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.



**AFX TIMETABLE (INCLUDED IN AFX MEMBERSHIP)**

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>FORCE*</b>		<b>SYNERGY*</b>		<b>IGNITE*</b>		
6:00 PM			<b>IGNITE*</b>					
7:30 PM		<b>FORCE*</b>		<b>SYNERGY*</b>				

**AFX LAUNCHING SOON!**



AFX is the ultimate, results-driven, 45 minute functional fitness program brought to you by Advance Fitness. Based on HIIT, cardio and strength-based training principles, this team based, motivation packed training program will get you the results you want, FAST! We guarantee you'll love AFX!

**GET UNLIMITED ACCESS TO AS MANY OF OUR AFX SESSION AS YOU LIKE WITH YOUR AFX MEMBERSHIP!**

**CALL NOW TO BOOK FOR A FREE TRIAL!**

\*Premium service - additional fees apply



Force is based on proven functional training methods using a range of equipment for the ultimate full body workout. Increase your strength while pushing yourself to the limit through circuits and drills that include power bag, kettlebell, resistance band, and sled exercises.



Ignite your cardiovascular fitness and tone your core with dynamic and action-packed workouts. Ignite classes include bodyweight, HIIT and boxing workouts with an ab burning finisher! Feel energised while burning calories, increasing your stamina, and improving your core strength.



Synergy is the motivating team-based workout, helping you increase your fitness through a variety of goal orientated challenges. Achieve success with the support and encouragement from your coach and teammates.

**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!**

