



GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			LES MILLS BODYPUMP		LES MILLS BODYPUMP			
8:15 AM							LES MILLS BODYATTACK	
9:15 AM		LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:15 AM		LES MILLS BODYCOMBAT 45 MIN CLASS	LES MILLS CXWORX		LES MILLS BODYATTACK 45 MIN CLASS	LES MILLS CXWORX		LES MILLS BODYCOMBAT
5:30 PM		LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	YOGA		
6:15 PM		QUICKFIT	QUICKFIT	QUICKFIT	QUICKFIT			
6:30 PM		LES MILLS BODYPUMP	YOGA	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT			
7:30 PM		LES MILLS CXWORX			LES MILLS CXWORX			

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.

CYCLE STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		LES MILLS RPM		LES MILLS RPM		LES MILLS RPM		
7:15 AM							LES MILLS RPM	
5:30 PM		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			

AQUA STUDIO TIMETABLE

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



AFX TIMETABLE (INCLUDED IN AFX MEMBERSHIP)

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		FORCE*		SYNERGY*		IGNITE*		
6:00 PM		FORCE*		SYNERGY*		IGNITE*		



GROUP FITNESS CLASSES		
CLASS	LENGTH	DESCRIPTION
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 BODYATTACK	60 mins	BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.
LES MILLS RPM	45 mins	RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.
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.
QUICKFIT	45 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 45 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!
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.
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!



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!

