



GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		HIT	XTRAFIT	THT				
7:45 AM		ActiveFit	ActiveFit	ActiveFit				
9:00 AM							metafit BODYWEIGHT TRAINING	
9:15 AM		THT	HIT			HIT		
9:30 AM			LES MILLS BODYPUMP	ZUMBA fitness	LES MILLS BODYPUMP		LES MILLS BODYBALANCE	LES MILLS BODYPUMP
10:30 AM							ZUMBA fitness	
5:30 PM		THT 30 MIN CLASS		XTRAFIT 30 MIN CLASS	FIGHTING FIT			
6:00 PM		HITSTEP	LES MILLS BODYPUMP	HITSTEP	LES MILLS BODYPUMP			
6:30 PM		FIGHTING FIT		ZUMBA fitness		ZUMBA fitness		
7:00 PM		LES MILLS BODYPUMP	LES MILLS BODYBALANCE metafit BODYWEIGHT TRAINING	FIGHTING FIT	HITSTEP XTRAFIT			

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.

SPIN STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			SPIN		SPIN			
8:30 AM							SPIN	
9:00 AM								SPIN
9:30 AM		SPIN				SPIN	SPIN	
6:30 PM		SPIN		SPIN				
7:30 PM		SPIN	SPIN30	SPIN	SPIN30			

AQUATICS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM		WaterAERO	WaterAERO	WaterAERO	WaterAERO	WaterAERO		
7:00 PM		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			IGNITE*		FORCE*	IGNITE*		
7:30 PM		FORCE*		SYNERGY*				



GROUP 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 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.
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!!!
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.
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!
HIITSTEP	30 mins	HIITSTEP is an innovative 30 minute HIIT (High Intensity Interval Training) exercise class using only bodyweight and a step. Improve your power, speed, coordination, agility and endurance.
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.
SPIN30	30 mins	Experience SPIN in a new 30 minute HIIT format, same great sound tracks now in a High Intensity Interval Training format. Ride the calorie burner for fitness and fun!
ActiveFit	30 mins	Active Fit is a 30 minute low impact workout focusing on strength and movements to keep you fit and active.
XTRAFIT	45 mins	A high energy cross training adrenaline filled workout including a range of activities to get you feeling energised!
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.
THT	45 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.



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!

