



### GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		LES MILLS <b>CXWORX</b>	LES MILLS <b>RPM</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM</b>	LES MILLS <b>CXWORX</b>		
6:00 AM		LES MILLS <b>RPM</b>	<b>FORCE</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>GRIT</b>	LES MILLS <b>BODYPUMP</b>		
7:00 AM								
7:45 AM							LES MILLS <b>GRIT</b>	
8:30 AM							LES MILLS <b>BODYATTACK</b>	
9:30 AM		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>RPM</b>
10:45 AM		LES MILLS <b>BODYBALANCE</b>		<b>STRETCH &amp; CORE</b>		LES MILLS <b>CXWORX</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYBALANCE</b>
11:45 AM								
12:30 PM		LES MILLS <b>RPM</b>	LES MILLS <b>CXWORX</b>		LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYCOMBAT</b>
1:00 PM				LES MILLS <b>RPM</b>		LES MILLS <b>SH'BAM</b>		
4:00 PM		LES MILLS <b>GRIT</b>						
4:40 PM		LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>		<b>FORCE</b>			
5:40 PM		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	<b>FORCE</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYCOMBAT</b>		
6:30 PM								
6:40 PM		LES MILLS <b>CXWORX</b>	LES MILLS <b>RPM</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>SH'BAM</b>		

#### MEMBER ACCESS HOURS:

**Monday – Friday** 5:00am – 8:00pm

**Saturday** 7:30am – 2:00pm

**Sunday** 7:30am – 2:00pm



Virtual Class times are on an initial trial and times may be changed depending on feedback and attendance numbers.

Virtual classes are identified by the virtual logo

Virtual Classes are also available on demand, see reception for more details.

## GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 <b>CXWORX</b>	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.
 <b>BODYBALANCE</b>	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.
 <b>BODYCOMBAT</b>	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.
 <b>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>FITBOX</b>	60 mins	This class will whip you into fighting fit mode. Boxing techniques suitable for beginners to advanced. Put your gloves on and box at your own pace. Great stress release and improves self-confidence.
 <b>GRIT</b>	30 mins	LES MILLS GRIT™ Series – High-intensity interval training workouts will increase your aerobic capacity and accelerate fat burning while building strength, muscular endurance and power. With every workout, you'll work more muscle tissue and keep calories burning for hours longer than with traditional training. Pregnant women are not permitted to participate in Grit.
 <b>BODYATTACK</b>	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.
 <b>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>RPM</b>	60 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.
 <b>50+ YOUNG AT HEART</b>	60 mins	This class is designed for the over 50's with light resistance training helping to increase energy levels, joint flexibility, bone density, balance and co-ordination. 1 hour.
 <b>SH'BAM</b>	60 mins	An insanely addictive dance workout. SH'BAM is an ego-free zone, where a fun-loving instructor guides you through simple (yet sassy) dance moves, all set to a party playlist.
 <b>50/50</b>	45 mins	This class enables you to have two bites of the cherry. 50/50 class will give you a taste of either BodyStep or BodyAttack and BodyPump all in the one go. A great combination of aerobic and resistance training in just 45 mins.*BodyAttack & BodyStep will alternate.
 <b>SPINERGY</b>	60 mins	This is a fun, athletic, cardiovascular cycling workout that kills calories in record time. Cycling as a team will enable you to achieve great results.
<b>FORCE</b>	60 mins	Test your limits and transform your body, it must challenge you to change you. This 1 hour class combines weights and cardio for all fitness levels. Your physical best at your own pace.

**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!**

