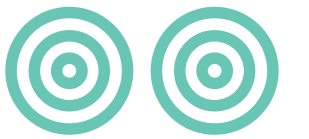


MAIN STUDIO



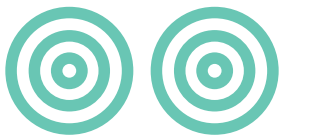
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10 am			MetaFit		Body Pump	MetaFit (6:35am)	
8:15 am						Body Pump	Body Attack
9:15 am	Body Pump		Body Pump	THT	Body Attack	Body Step	Body Pump
10:15 am	THT	Body Pump	Zumba	Circuit	Body Pump		Zumba
11:20 am		Zumba Gold		Body Pump	Zumba Gold		
12:25 pm	Active Adults Combo		Active Adults Cardio				
1:30 pm				Active Adults Combo	Active Adults Strength		
3:30 pm						Body Combat	
4:30 pm						Body Pump	
5:30 pm	Body Pump	Boxing	Body Step		Body Pump		
6:30 pm	Body Step	Body Pump	Body Combat	Boxing			
7:30 pm	Zumba	MetaFit	Body Pump	Body Attack			

GROUP FITNESS TIMETABLES
WELLNESS STUDIO



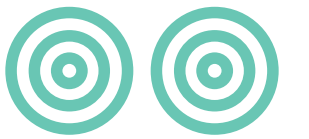
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10 am		Vinyasa Yoga			Body Balance		
7:10 am				Iyengar Yoga			
8:15 am						Mat Pilates	Slow Flow Yoga
9:15 am	Mat Pilates	Barre Fusion	Body Balance	Mat Pilates	Vinyasa Yoga	Barre Fusion	Body Balance
10:15 am		Vinyasa Yoga	Mat Pilates	Yoga		Body Balance	Barre Fusion
11:20 am	Vinyasa Yoga	Mat Pilates	Chair Yoga		Body Balance	Vinyasa Yoga	
12:25 pm	Body Balance			Vinyasa Yoga			
2:30 pm			Active Adults Mat Pilates				
4:30 pm			Mat Pilates			Restorative Yoga	
5:30 pm		Mat Pilates	Body Balance		Yin Yoga		Vinyasa Yoga
6:30 pm	Body Balance	Slow Flow Yoga					
7:30 pm	Slow Flow Yoga		Yin Yoga	Vinyasa Yoga			

AQUA



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 am					Aqua Run		
7:15 am				Deep Water Aqua			
8:15 am	AquaFit			AquaFit	AquaFit	AquaFit	AquaFit
9:15 am		AquaFit					
10:15 am			AquaFit				
11:20 am		Deep Water Aqua (outdoor)					
12:25 pm				Active Adults Aqua			
1:30 pm	Active Adults Aqua		Warm Aqua				
6:15 pm	AquaFit						

GROUP FITNESS TIMETABLES
CYCLE STUDIO



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10 am	RPM	LM Sprint	Cycle	LM Sprint	Cycle		
7:10 am						Cycle	
8:15 am						RPM	
9:15 am	Cycle	RPM	Cycle (30mins)	Cycle		LM Sprint	Cycle
10:15 am					Cycle		
5:00 pm					LM Sprint		
5:30 pm	Cycle		Cycle	RPM			Cycle
6:30 pm		RPM	LM Sprint				

REFORMER



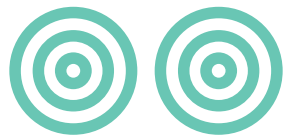
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 am	Reformer				Reformer		
7:15 am			Reformer			Reformer	
8:15 am						Reformer	Reformer
9:15 am	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer
10:15 am	Reformer	Reformer	Reformer	Reformer	Reformer		Reformer
12:25 pm		Reformer		Reformer			
1:30 pm			Active Adult Reformer				
4:30 pm	Reformer						
5:30 pm	Reformer	Reformer	Reformer	Reformer	Reformer		
6:30 pm	Reformer	Reformer	Reformer	Reformer			
7:30 pm		Reformer		Reformer			

CLASS DESCRIPTION



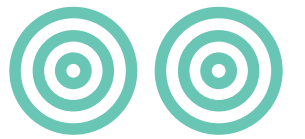
Aqua Classes – Aquatics Area			
Class	Description	Duration	
AquaFit	High-energy water workout which is delivered with upbeat music designed to protect joints with low-impact movements to improve muscular strength, cardiovascular fitness, flexibility and overall health. Combination of body weight exercises, using water as resistance, and equipment-based exercises such as dumbbells, kickboards and noodles.	45m	All abilities
Aqua Zumba	A low-impact, pool-based workout that blends high energy Zumba moves with low-impact aqua fitness. It is a fun and effective way to get fit while enjoying the benefits of water resistance. Pool dance party.	45m	All abilities
Deep Water Aqua	A cardiovascular workout that takes place in the deep water of the pool. The class uses a buoyancy belt to keep participants afloat, which makes it a no-impact workout suitable for all fitness levels, including those with injuries or limitations. The class requires water confidence, conducted deep end of 25m or outdoor 50m pool.	45m	Must be confident in the water
Aqua Run	A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional. Class conducted at the deep end of the 25m pool or outside 50m pool.	45m	Must be confident in the water
Warm Aqua	Aqua class conducted in the warm water pool, combining slower paced aqua exercise with the benefits of the warm water to improve mobility and movement.	45m	All abilities
Program Room 5 – Cycle Studio			
RPM	Les Mills pre-choreographed group indoor cycling workout where you control the intensity. Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	30m, 45m	Beginner, Intermediate & Experienced Adults Children >16 y/o
Les Mills Sprint	High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.	30m	
Cycle	An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	30m, 45m	

CLASS DESCRIPTION

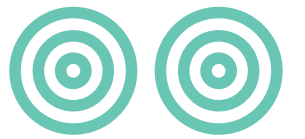


Program Room 4 – Main Studio			
Class	Description	Duration	
Body Pump	The original barbell class that strengthens and tones your entire body to ensure you get results fast. Using a combination of motivating music, fantastic instructors, and scientifically proven moves to help achieve fitness targets.	30m, 45m, 55m	Beginner, Intermediate & Experienced Adults Children >16 y/o
Body Attack	A high-energy fitness class with moves that cater for total beginners to the experienced. Body Attack combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	45m, 55m	
Body Step	A pre-choreographed energizing full body cardio step workout to upbeat music. Body Step uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks increase intensity and muscle shape and tone.	45m, 55m	
Body Combat	A martial arts-inspired workout that is non-contact. Punching and kicking movements will increase fitness and burn calories in a class. Body Combat moves will come from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed.	45m, 55m	
BoxingFit	The Boxing Fit Class is cardio and strength workout featuring boxing training techniques, including skipping, boxing drills, and abdominal workouts. will work up a sweat, increase heart rate and tone muscles in a group atmosphere.	45m	
Circuit	A workout that involves performing different exercises in small groups using dumbbells, barbells and bodyweight exercises. This class works on cardiovascular fitness and muscle toning and is suitable for all fitness levels.	45m	
MetaFit	30minute bodyweight exercises with high interval training (HIIT).	30m	
THT (Tummy Hips Thighs)	A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness.	45m	
HIIT	High Intensity Interval Training – 30 minutes of interval-based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Your HIIT instructor will coach you through your efforts, keeping you working hard and training smart.	30m	
Zumba	Zumba is a dance-based class using Latin and World rhythms for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility.	45m	
Zumba Gold	Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.	45m	All abilities Active Adults

CLASS DESCRIPTION



Program Room 1 – Wellness Studio			
Class	Description	Duration	
Barre Fusion	A fusion of ballet, yoga and Pilates. Designed to challenge core stability and balance using body weighted movements, light hand weights, Pilates rings and balls. Class can be conducted with a chair, Barre-less or Ballet Barre.	45m	Beginner, Intermediate & Experienced Adults Children >16 y/o
Body Balance	A yoga-based fitness class that combines simple yoga movements with elements of Tai Chi and Pilates. The class is designed to improve your mind, body, and life by increasing flexibility, core strength, and reducing stress levels. You can expect to bend and stretch through a series of simple yoga moves while an inspiring soundtrack plays in the background.	45m, 55m	
Mat Pilates	The Pilates method is designed to strengthen your deep core muscles, which in turn raises your stability & mobility allowing you to move freely with confidence. A variety of props can be incorporated into exercises such as balls, bands and Pilates rings to tone and strengthen your body.	45m	
Slow Flow Yoga	A slower-paced form of yoga, incorporating a combination of traditional yoga poses that flow from one to the next and are often held for longer during the sequence.	55m	
Vinyasa Yoga	A combination of foundation postures with progressions to try if you choose. Sequencing will flow using breath, strength, flexibility and balance. Suitable for all levels with plenty of options to suit your body.	55m	
Restorative Yoga	A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.	55m	
Yin Yoga	A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Powerful practice to alleviate stress and deeply release tension and tightness in the body.	55m	
Chair Yoga	Uses a chair as a prop for support and balance, making it perfect for seniors and people with injuries and health conditions who want to improve their fitness and balance but can't get up and down from the ground. We include seated and standing options (where appropriate) to let participants choose their level of challenge. Classes also include breathwork and guided meditation to relax the nervous system and calm the mind.	55m	All abilities
Iyengar Yoga	Lyengar yoga includes the use of props to help students gain the correct alignment suitable for their individual body.	55m	



CLASS DESCRIPTION

Active Adults Programs			
Class	Description	Duration	
Active Adults Strength	A strength-based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.	45m	Active Adults All abilities
Active Adults Cardio	A cardio workout that will help improve heart and lung fitness as well as your balance and co-ordination. Feel fabulous and fit moving to inspiring music.	45m	
Active Adults Combo	This class combines low impact aerobics, strength exercises and balance, using various equipment. This class has everything - great music, movement and friends.	45m	
Active Adults Mat Pilates	Gentle mat pilates session. Using the Pilates method to help improve your balance, flexibility and strength.	45m	
Active Adults Reformer Pilates	A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength. Specifically designed for over 60's.	45m	
Active Adults Aqua	Slower pace Aqua class using a variety of Aqua equipment to fun and upbeat music.	45m	
Program Room 2 - Reformer Studio			
Reformer Pilates	<p>An all-over body toning workout that combines the core strengthening elements of traditional mat pilates with cardio and endurance training in a small group environment.</p> <p>Our Reformer Pilates classes have been designed to improve fitness, movement and flexibility. Focusing on increasing core strength, decreasing stress and tension for happy, healthy bodies.</p> <p>These classes provide a low impact way for people of all ages and fitness levels to experience the many benefits. Our friendly, knowledgeable instructor team will cater for all levels of fitness and experience</p>	45m	Beginner, Intermediate & Experienced Adults Children >16 y/o