











Autumn Timetable

Effective: Monday 22 April 2024

Group Classes

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6am	KB Strength	LES MILLS BODYCOMBAT	Bodyblast	LES MILLS BODYPUMP	Yoga		
8.30am						Yoga 90	Boxing Basics
9.15am	Yoga	Pilates	Power Yoga	Yoga			
10.15am		Flow Yoga	LES MILLS BODYPUMP	LES MILLS BODYPUMP	Fit & Well	Yoga Adj	
10.30am							
11.15am	FunFit	Fit & Well		LES MILLS BODYCOMBAT			
12.15pm		HIIT 30		LES MILLS BODYBALANCE			
12.30pm	Bootcamp		Core 30		Pilates		
5pm							Yoga
5.45pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	Yoga	Boxing	Yoga		
6.45pm	LES MILLS BODYBALANCE	Stretch	LES MILLS BODYBALANCE				

All classes are 45 minutes with the exception of 12.15pm HIIT 30 and 12.30pm Core 30 which are 30 minutes.

 Mind/Body	 Dance	 Freestyle	 Les Mills
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Aqua Aerobics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Shallow		Shallow	Shallow	Shallow		
6.15am						Shallow	Shallow
8.30am	Shallow	Shallow		Shallow	Shallow		
9.30am	Shallow	Suspension	Shallow	Suspension	Tabata		
6.30pm	Aqua Zumba	Shallow	Shallow	Aqua Zumba			



Scan for class descriptions

Our timetable is subject to change as we monitor class attendance.

Please abide by the following Conditions of Entry when attending classes:

- Class numbers are limited. NO TICKET NO CLASS.
- You must bring your own towel.
- For hygiene purposes we encourage you to bring your own mat.
- You must clean and sanitise all equipment before and after use.
- Follow good hygiene and respiratory hygiene.
- Follow the direction of instructors at all times.

Class Descriptions

Les Mills

BODYBALANCE™ - Is a 45 minute yoga-based group fitness class developed by Les Mills. It combines simple yoga movements with elements of Tai Chi and Pilates, for the benefits of the physical – strength and flexibility – but also for the mental and internal benefits it can deliver.

BODYCOMBAT - Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 570 calories along the way. This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master.

BODYPUMP™ - Is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition giving you a total body workout.

BODYATTACK™ - Is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories** and leaving you with a sense of achievement.

Freestyle

KB Strength - Kettlebell based workout using dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility and cardio endurance.

Body Blast - A cardio and conditioning circuit aimed at working the whole body. This class combines body weight as well as resistance based exercises to elevate your heart rate and work your upper body, lower body and core.

Bootcamp - A high energy class and full of challenging exercises and sequences that train your entire body. It's a high calorie burning class and is designed to push you.

Boxing - Moderate Intensity - A mix of cardio drills, punching combinations and bodyweight exercises using boxing gloves and focus pads.

Boxing Basics - Light cardio work out that teaches you the basic skills of boxing for beginners, include the boxer's stance, the jab, the cross, the hook, and the uppercut punches, putting them together making combinations.

Core 30 - Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen, back muscles and increase mobility.

Fit & Well - An introductory class for beginners, seniors or those who are recovering from an injury or condition in a fun, relaxed format.

FunFit - Want to look and feel great? This class is ideal for tightening your tummy & butt as well as improving functional strength & assisting with injury prevention. No cardio.

HIIT/HIIT 30 - High intensity interval training, a cardiovascular, strength, functionality, exercise strategy alternating short periods of intensity with less intense recovery periods. Be prepared to sweat.

Dance

Zumba® - A choreographed class for a calorie-burning dance fitness party, incorporating cardio work, muscle conditioning, balance, flexibility and boosted energy - exercise in disguise!

Zumba Gold® - Zumba Gold is perfect for active older adults who are looking for a modified class that recreates the original Zumba moves you love at a lower-intensity.

Mind & Body

Core + Stretch - Classes are designed to lengthen your muscles and tighten up your abdominals. The aim of these classes is to tone and flatten your stomach, help you when bending and reaching, to improve your movement/range of motion and to relieve stress.

Flow Yoga - A style of yoga asana in which the practitioner moves dynamically from one posture immediately into another. Each movement into or out of a posture is timed with an inhalation or an exhalation in a choreographed sequence.

Pilates - Strengthen the torso using low-impact body-weight exercises, balance and stretching.

Power Yoga - Known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

Stretch - Using active and passive stretching we will focus on the breath and releasing tension throughout the body as we stretch. You will use a variety of stretching methods to deepen your posture and improve flexibility, range of motion, and technique.

Yoga Adj - Specialist program introducing tactile (touch) feedback to help gain understanding and awareness of your practice. If you want to learn how to enter and exit poses correctly or be able to go deeper into a pose then this class is not to be missed.

Yoga/Yoga 90 - Improve strength, flexibility, focus and clarity. You will be guided through a sequence of postures (asana's) while focusing on alignment and breathing. Yoga 90, is a 90 minute class.

Aqua

Aqua Zumba - Get a little fitter with a party in the pool! Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

Shallow - Shallow Aqua uses the resistance of the water & the impact of the pool floor to improve cardiovascular fitness, strength & balance. Equipment such as dumbbells, paddles or noodles may be used.

Tabata - A high impact, high repetition workout to timed intervals, to improve both strength and cardiovascular fitness. Move fast and move strong.

Deep - A cardiovascular and resistance workout suspended by a buoyancy belt in deep water. No impact or jarring on the joints. Some equipment may be utilised. Minimal choreography.