










CLASS TIMETABLE












MONDAY

| DAY | |
|-------------------|--|
| 8:30am - 9:00am |  REBOUNding Lucy - Studio 1 |
| 8:15am - 8:45am |  TRX BLAST Perry - Mezzanine |
| 9:00am - 9:45am |  AQUA AEROBICS Jaqueline - Pool |
| 9:15am - 10:00am |  INDOOR CYCLE Lucy - Mezzanine |
| 10:15am - 11:00am |  FUNCTIONAL FITNESS Perry - Mezzanine |
| 10:45am - 11:45am |  HATHA FLOW Lorna - Studio 1 |
| 12:00am - 12:45am |  LBT SCULPT Emily - Studio 1 |
| EVENING | |
| 6:00pm - 6:45pm |  INDOOR CYCLE Joshua - Mezzanine |
| 7:00pm - 7:45pm |  KETTLEBELLS Nemanja - Mezzanine |











TUESDAY

| DAY | |
|-------------------|---|
| 8:30am - 9:00am |  CORE Silvia - Mezzanine |
| 9:45am - 10:15am |  REBOUNding Kia - Studio 1 |
| 10:00am - 10:45am |  INDOOR CYCLE Sarah - Mezzanine |
| 10:30am - 11:30am |  HATHA Naz - Studio 1 |
| 11:00am - 11:45am |  G & C Kia - Mezzanine |
| 11:40am - 12:40pm |  PILATES Zannah - Studio 1 |
| 12:50pm - 1:50pm |  TAI CHI Glen - Studio 1 |
| EVENING | |
| 6:00pm - 6:45pm |  WEIGHT TRAINING Emily - Mezzanine |
| 6:15pm - 7:00pm |  LBT SCULPT Lucy - Studio 1 |
| 7:15pm - 8:00pm |  RHYTHM CYCLE Lucy - Mezzanine |









WEDNESDAY

| DAY | |
|-------------------|---|
| 9:00am - 9:45am |  OUTDOOR BOOTCAMP Tennis court |
| 9:00am - 10:00am |  PILATES Zannah - Studio 2 |
| 10:15am - 11:15am |  HATHA Zannah - Studio 1 |
| 10:15am - 11:00am |  WEIGHTS Emily - Mezzanine |
| 10:15am - 11:15am |  CARDIO TENNIS Michael - Tennis court |
| 11:30am - 12:15pm |  FULL BODY SCULPT Vikki - Studio 1 |
| 12:30pm - 1:00pm |  INDOOR CYCLE Vikki - Mezzanine |
| EVENING | |
| 6:00pm - 6:45pm |  CORE Perry - Mezzanine |
| 6:30pm - 7:30pm |  EQUIPMENT PILATES Lucy G - Studio 1 |
| 7:15pm - 8:00pm |  INDOOR CYCLE Silvia - Mezzanine |
| 7:30pm - 8:30pm |  HATHA Samantha - Studio 1 |




THURSDAY

| DAY | |
|-------------------|--|
| 8:30am - 9:15am |  INDOOR CYCLE Silvia - Mezzanine |
| 9:00am - 9:45am |  AQUA AEROBICS Jaqueline - Pool |
| 9:30am - 10:00am |  HIIT Silvia - Mezzanine |
| 9:15am - 10:00am |  BARRE SCULPT Lucy - Studio 1 |
| 10:15am - 10:45am |  HI/LO AEROBICS Lucy - Studio 1 |
| 11:30am - 12:30pm |  PILATES Lucy G - Studio 1 |
| EVENING | |
| 6:00pm - 6:30pm |  HIIT Emily - Mezzanine |
| 6:45pm - 7:30pm |  KETTLEBELLS Josh - Mezzanine |
| 6:45pm - 7:30pm |  AQUA AEROBICS Jaqueline - Pool |
| 6:15pm - 6:45pm |  REBOUNding Lucy - Studio 1 |




FRIDAY

| DAY | |
|-------------------|--|
| 9:00am - 9:45am |  INDOOR CYCLE Jo - Mezzanine |
| 9:00am - 9:45am |  AQUA AEROBICS Jaqueline - Pool |
| 10:00am - 10:45am |  MUSCLE BLITZ Jo - Studio 1 |
| 10:00am - 10:45am |  OUTDOOR BOOTCAMP Tennis court |
| 11:30am - 12:30pm |  CARDIO TENNIS Michael - Tennis court |
| EVENING | |
| 6:00pm - 7:00pm |  PILATES Lucy G - Studio 1 |
| 6:00pm - 6:45pm |  STRENGTH Nemanja - Mezzanine |
| 7:00pm - 7:45pm |  MUSCLE RELEASE Ross - Mezzanine |

SATURDAY

| DAY | |
|-------------------|--|
| 9:30am - 10:30am |  PILATES Lucy G - Studio 1 |
| 9:30am - 10:15am |  INDOOR CYCLE Silvia - Mezzanine |
| 10:45am - 11:30am |  TOTAL BODY BLITZ Victoria C - Studio 1 |

SUNDAY

| DAY | |
|-------------------|---|
| 9:30am - 10:15am |  OUTDOOR BOOTCAMP |
| 10:30am - 11:15am |  BOXERCISE Sarah - Mezzanine |
| 11:30am - 12:30pm |  WORKSHOP Ross - Gym floor |



CARDIO



TONING



WATER BASED




WELLBEING




DANCE BASED





CYCLING

 **AQUA AEROBICS**


A complete body workout using the water resistance to enhance your strength.

 **HI/LO AEROBICS**


A choreographed aerobics class using old school moves. A hi/lo impact class that is fun, energetic and will be sure to get your body moving.

  **REBOUNding**



Rebounding is a zero impact exercise style that put simply is bouncing on a mini trampoline. Unlike regular trampolining, the aim inst to bounce high and perform gymnastic tricks but to perform a series of small, controlled movements to the beat of the music.

 **HIIT**



High intensity interval training is a training technique in which you give 100% effort through quick intense bursts of exercise followed by short, sometimes active rest periods. This type of training gets and keeps your heart rate up and is efficient in burning calories.

 **CARDIO TENNIS**



This is a fun, sociable group fitness class, it is open to people of all tennis abilities. You will get to work on your tennis technique while playing high intensity game which get you moving and working hard.

  **BOOTCAMP**

This class is a mixture of body weight exercises and exercises using equipment, such as medicine balls, battle ropes, kettlebells, dumbbells etc. working with interval and strength training this class will have you working hard.

  **MUSCLE BLITZ**



A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.

  **WEIGHTS / STRENGTH**


Using a mix of Dumbbells, barbells and Kettlebells you will get a full body session, beginners and experienced welcome.

  **BOXING TECHNIQUE / BOXERCISE**


Work on your boxing technique, using free standing bags and shadow boxing in the mirror all whilst staying in your 2 metres apart floor marked boxes. Make sure to bring your own gloves if you want to use them.

  **WORKSHOP**


Improve and learn how to get the most out of your training, working on mental and physical techniques. A different workshop every week.

 **FULL BODY SCULPT**


A combination class with toning exercises included to help you achieve the results you want. Work your muscles boost your metabolism and burn calories in this energetic class.

 **KETTLEBELLS**


A full body conditioning class using our range of kettlebells, you will combine cardiovascular, strength and flexibility training to burn calories and gain strength and muscle mass.

 **FUNCTIONAL FITNESS**


Strengthen and mobilise your body using functional movements, working the muscles and movements you need to perform everyday life. Using a range a equipment such as TRX, Kettlebells, Dumbbells and resistance bands.

 **LBT**


Leg, Bums and Tums. All exercises using your own body weight.

 **CORE**

This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

 **HATHA/HATHA FLOW (YOGA)**


The physical postures of yoga are used to reduce stress and help the spine feel supple. Feel relaxed and mobile after this class.

 **PILATES**


This is a conditioning class that helps activate the essential muscles around your core. This class puts emphasis on pelvic and spinal alignment, breathing to relive stress and aids in flexibility, coordination and balance.

 **EQUIPMENT PILATES**

This class aim to incorporate traditional Pilates exercises using different equipment's such as fit balls, bands and Pilates rings.

 **MUSCLE RELEASE**

You will be using foam rollers and lacrosse balls to self massage those tight muscles.

 **INDOOR CYCLE**

This class is designed to enhance your cycling endurance, whether you looking to gain strength in your cycling or training for an event, this class is perfect.



| |  CARDIO |  TONING |  WATER BASED |  WELLBEING |  DANCE BASED |  CYCLING |
|------------------|---|---|--|--|--|--|
| Classes per week | 17 | 19 | 4 | 12 | 5 | 8 |

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