



### GROUP FITNESS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:00 AM								
9:30 AM								
10:30 AM								
5:30 PM								
6:00 PM					 			
6:30 PM								
7:00 PM			 					
7:30 PM								

### SPIN STUDIO TIMETABLE

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

### AQUATICS TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM								
7:00 PM								









### KIDS ZUMBA TIMETABLE

	TIME	THURSDAY
	4:00 PM	AGES 4 – 12 












ONLY \$6 PER CLASS!



**BOOT CAMP TIMETABLE (INCLUDED IN BOOTCAMP MEMBERSHIP)**

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

**FITNESS CLASSES**

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYBALANCE	60 mins	This Mind Body class combines Yoga, Pilates, Tai Chi and other techniques. It is the fastest growing Les Mills class & is very popular.
 LES MILLS BODYCOMBAT	60 mins	60mins During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.
 LES MILLS BODYPUMP	60 mins	Strength training class using gym exercises with barbells. No aerobics or coordination required - work at your own weight.
 FIGHTING FIT	45 mins	Fighting Fit is a dynamic boxing pad-work class. Boosting cardio fitness & strength in a fun innovative class. Suitable for all fitness levels.
 QUICKFIT	45 mins	QuickFit is an excellent way to improve strength and stamina. A circuit style class set to music including cardio and strength equipment.
 SPIN	45 mins	A group cycle class with a cross training effect. Ride the calorie burner for fitness and fun.
 SPIN+ABS	45 mins	A 30 minute cycle class with 15 minutes of abs at the end.
 THT	30 mins	A class specifically designed to target those areas that may need a bit more work - Tummy, Hips & Thighs.
 ZUMBA fitness	60 mins	Zumba is a Latin-inspired, dance fitness class designed for cardio and muscle toning and is an exciting fun way to sculpt n tone the body.
 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.
 WaterAERO	45 mins	A great cardio vascular aerobic workout in the water, low impact.



Do you want results fast? Then Boot Camp is the answer! Military styled fitness training combines high intensity and heaps of motivation and support from your trainer. Boot Camp is the premium group training program for weight loss, reducing body fat, plus increasing strength and fitness. Plus, it's great FUN!

**GET UNLIMITED ACCESS TO AS MANY OF OUR BOOT CAMP SESSION AS YOU LIKE WITH YOUR BOOT CAMP MEMBERSHIP!**

**CALL NOW TO BOOK FOR A FREE TRIAL!**

\*Premium service - Included in Boot Camp Membership