

Group Fitness Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|-----------------------------------|------------------------------------|-----------------------------------|------------------------------------|----------------------------------|---------------------------------|
| 6.10am BodyPump XP* 30min | 6.10am GRIT Strength* 30min | 6.10am BodyPump XP* 30min | 6.10am GRIT Strength* 30min | 6.10am CXWorx 30min | | |
| 6.40am CXWorx 30min | | 6.40am CXWorx 30min | | | | |
| 7.00am Aquafit 45min | | 7.00am Aquafit 45min | | 7.00am Yoga 60min | | |
| 9.05am Yoga 55min | 9.05am Pilates 45min | 9.05am GRIT Strength* 30min | 9.05am Pilates Evolve 45min | 9.05am BodyPump* 60min | 9.30am BodyPump* 60min | 9.15am Yoga 60min |
| 10.00am CXWorx 30min | 10.00am BodyPump* 60min | 10.00am BodyCombat XP 30min | 10.00am BodyPump* 60min | | | |
| | | 10.30am CXWorx 30min | | 10.30am CXWorx 30min | 10.30am CXWorx 30min | 10.30am CXWorx 30min |
| 11.10am Tai Chi 45min | | 11.10am Stretch 45min | 11.10am Yoga 60min | 11.10am Yoga Stretch 60min | 11.10am Yoga Stretch 60min | |
| 12.30pm BodyPump* 45min | 12.30pm Yoga Stretch 60min | 12.30pm GRIT Strength* 30min | | 12.30pm GRIT Strength* 30min | | |
| 1.00pm Aquafit 60+ 45min | | 1.00pm Aquafit 60+ 45min | | | | |
| 5.00pm GRIT Strength* 30min | 5.00pm GRIT Strength* 30min | 5.00pm CXWorx 30min | 5.00pm GRIT Strength* 30min | | | 5.00pm BodyPump* 60min |
| 5.30pm BodyCombat XP 45min | 5.45pm Aquamix 45min | 5.30pm BodyAttack XP 30min | 5.45pm BodyPump XP* 30min | | | |
| 6.15pm CXWorx 30min | 5.45pm BodyPump* 60min | 6.00pm GRIT Strength* 30min | 6.15pm CXWorx 30min | 6.00pm GRIT Strength* 30min | | 6.00pm CXWorx 30min |
| 7.00pm Stretch 45min | 6.50pm CXWorx 30min | 7.00pm Yoga 60min | 7.00pm Yoga 60min | | | 6.30pm Yoga Stretch 60min |
| | 7.30pm Yoga 60min | | | | | |

RPM Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|---------------------------|------------------------|----------------------------|---------------------------|------------------------|------------------------|
| | 6.10am RPM* 45min | | 6.10am RPM* 45min | 7.00am SPRINT 30min | | |
| 9.15am SPRINT 30min | 7.00am SPRINT 30min | 9.30am RPM 45min | 12.30pm SPRINT 30min | 9.30am RPM 45min | 8.30am RPM 45min | 9.30am RPM 45min |
| | 9.15am RPM* 45min | | | | | |
| 6.00pm RPM 45min | 6.00pm SPRINT 30min | 6.00pm RPM 45min | 6.00pm SPRINT 30min | | | |

Key:

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|----------------|-------------------|-----------------|--------------------------|--|
| Alpine Classes | Les Mills Classes | Aquatic Classes | Les Mills SPRINT classes | |
|----------------|-------------------|-----------------|--------------------------|--|

Effective from 15 April 2019

*Not available as TeenFit class

Group Fit Class Descriptions

LES MILLS BODY ATTACK: A sports-inspired cardio workout that builds your fitness, strength and stamina. Simple and strong, this program is guaranteed to get you leaner and fitter, faster. With a choice of different impact and intensity levels, it is suitable for all levels of fitness and experience.

LES MILLS BODY COMBAT: 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, Taekwondo, Tai Chi and Muay Thai. Powered by great music and strong instructors, you'll strike, punch, and kick your way through calories to superior cardio fitness.

LES MILLS CX WORX: Based on cutting-edge scientific research, CX WORX combines the best of personal training with the energy of group fitness all in just 30 minutes! Honing in on the torso and sling muscles that connect your upper body to your lower body, it's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

LES MILLS BODY PUMP*: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights will get you the results you came for - and fast!

ALPINE STRETCH: Increase flexibility and reduce injury with this fantastic 45 minute sports stretch class. By no means "the easy option", this class will stretch muscles you didn't know you had!

ALPINE PILATES: A body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates emphasises the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation.

ALPINE PILATES EVOLVE: Our Evolve class is a step up from our standard pilates class. We lift the level a little to challenge people who are looking for that bit extra. However our instructor teaches to whoever is in the room, so movements can be modified if needed. This class is not suitable for those who are injured, so for the likes of back injuries etc. we recommend attending the standard pilates class where the movements are more fundamental. A reasonable base fitness is ideal.

ALPINE TAI CHI: Designed to improve mobility, flexibility and balance, Tai Chi involves a series of slow, fluid, gentle movements based on an ancient form of exercise that has been practiced for hundreds of years. Tai Chi has been shown to promote relaxation and prevent falls through improvement in balance reactions and lower limb strength. The perfect class for beginners as no experience is needed. Join us for a cup of green tea after class.

ALPINE YOGA: A full body work out integrating the mind, body and soul delivering a balance through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. In addition, yoga classes may also include instruction on breathing, structure, alignment and meditation.

ALPINE YOGA STRETCH: A 45-min class that focuses on the stretching poses of yoga. Using no strength work this class is designed to be a gentle challenge to your mobility and flexibility. Great for calming your mind and your body.

AQUAFIT: This class adds water to your workout and is suitable for any level of fitness. It's a great way to improve aerobic fitness, develop your strength and burn fat without the impact, making it easier on muscles and joints.

AQUAMIX: This class uses equipment, such as barbells and fins, while swimming lengths. It is more physically challenging than AquaFit and participants must be capable lap pool swimmers.

RPM: The indoor cycling 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 inner athlete while you sweat and burn to reach your endorphin high.

LES MILLS SPRINT: LES MILLS SPRINT is the indoor cycling workout that pushes you further. 30 minutes of high intensity interval training (HIIT) on a bike, LES MILLS SPRINT motivates you to push your physical and mental limits, led by an expertly trained instructor and a scientifically proven exercise program.

LES MILLS GRIT CARDIO: Burns fat and rapidly improves athletic capability. An explosive high impact bodyweight based workout. Provides the double whammy of maximising calorie burn within the workout and burning fat for hours afterwards.

LES MILLS GRIT STRENGTH*: Builds strength and lean muscle. Works all the major muscle groups and sends your metabolism into overdrive to burn fat for hours after the workout. Stimulates the production of growth hormone which reduces fat and helps develop lean muscle

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