

Group Fitness Timetable

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.15am	Body Pump	Body Attack	Body Pump	Body Attack	Body Pump	B/Attack 8.15am	B/Pump 8.30am
7.15am		Body Balance		ABT			
9.15am		Body Balance	ABT	Body Step	Core strength & stability		
9.30am	Sh'bam					Body Step C/Box	Body Step
10.30am	10.00am Cxworx	Yoga	Body Pump	Yoga	Active Adults		
10.45am	Body Pump					Body Pump	Advanced Yoga
11.45am	Body balance	Body Pump	Body Balance	Core strength & stability	Body Pump	Pilates	Int/Beg Yoga
1.00pm	12.00pm P/Post Natal	Active Adults	Meditation				
2.00pm	Active Adults					3.00pm Body Balance	
4.30pm	Pilates	Body Attack	Body Pump	Body Balance	Pre/post Natal 5.30pm	4.00pm Body pump	Body Pump
5.30pm	Body Pump	5.45pm Cxworx	Body Step	Body Pump	Zumba	5.00pm Cxworx	Body Attack
6.00pm		C/Box		C/Box		5.30pm ShBam	
6.30pm		Yoga		Body Attack			
7.30pm		Body Pump		7.45pm Cxworx			
8.30pm		Pilates		Body Balance			

RPM Fitness Timetable

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.15am	RPM	RPM	RPM	RPM	RPM		
9.15am		RPM				RPM 8.15am	
9.30am	CYCLE			CYCLE		CYCLE	RPM
10.30am					RPM		
4.30pm						RPM	
5.45pm	RPM	5.15pm RPM					
6.00pm		6.15pm RPM			RPM		
6.30pm			RPM	RPM			
7.30pm	RPM						

*Monday 5.40pm RPM class is a 1.5 hr on the first Monday of every month

Aqua Timetable

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8.30am	Aqua Adults						
9.00am		Aqua Adults	Aqua Adults				
9.30am					Aqua Adults		
10.00am			DWR				
12.00pm					DWR		
1.00pm	Aqua Adults						
4.00pm						DWR	
7.30pm							
8.30pm							

Class Descriptions

Body Attack High intensity, increases your cardiovascular fitness, improves co-ordination, and burns calories fast.

Body Pump Works all the major muscle groups of your body using adjustable weights and barbells to fantastic music.

Body Step A butt and thigh workout while improving your fitness. Simple and athletic, you control the intensity and step height.

A.B.T Low impact aerobics and resistance training, improves cardiovascular fitness, lower body strength and tone.

Pre & Post Natal for new mums and mums to be, Gym activity which combines gentle cardio & strength exercise.

Core Strength & Stability A total body workout combining free weights and the exercise ball to enhance deep core control and muscle strength.

SH'BAM A Les Mills program which is 45 minutes, featuring simple but seriously hot dance moves! It is the perfect way to shape up.

Run Squad Enjoy running outdoors with the motivation of a skilled coach to improve your technique and performance.

RPM A studio cycling class for shaping and toning your lower body while improving your fitness in 45 minutes. RPM long Ride Monday 5.40pm RPM class is a 1.5 hr on the first Monday of every month

Body Balance A blend of Yoga, Tai Chi and Pilates set to music. Helps relaxation and harmony, improves your strength and posture and relieves tension and stress. An excellent class to prevent injury and create pain free relaxed muscles and mind.

Yoga Gentle stretching and strengthening movements that aim to energise and relax the whole being. Standing postures, forward/backward bends and twists are common. Improve posture and alignment, and relieve tension and stress.

Pilates A comprehensive system of exercise movements designed to strengthen & tone the entire body. Pilates aims to improve posture, tighten /tone the core. The first class of every month will be a back to basics class revisiting posture and technique. Saturday class runs every 2nd & 4th weekend.

Zumba A patented fitness class format offered through Zumba Fitness that combines Latin dancing with interval and resistance training for a full-body, rhythmic workout.

