



## Group Exercise Timetable

commencing Monday 27<sup>th</sup> January 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	HIIT Express	BOXFIT	HIIT Sport	BOXFIT	TABATA	6.00am classes are 45 minutes	
6.15am		LES MILLS RPM	LES MILLS BODYPUMP		LES MILLS RPM	6.15am RPM 30 minutes 6.15am Bodypump 45 minutes	
8.15am						LES MILLS RPM	
9.00am						LES MILLS BODYSTEP	LES MILLS BODYPUMP
9.30am	CrossTrain	LES MILLS BODYPUMP	Hips, Abs & Thighs	LES MILLS BODYPUMP	Total Body		
9.30am		active mums		active mums			
10.00am						LES MILLS BODYPUMP	
10.30am	PILATES		PILATES		Live Longer		
	AQUA				AQUA		
11.00am			AQUA				
11.30am	Live Longer		Live Longer				
5.30pm	LES MILLS BODYPUMP	Hips, Abs & Thighs	CrossTrain	LES MILLS BODYSTEP			
5.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			
5.30pm		BOXFIT	HIIT Sport	TABATA		Boxfit & Tabata – 30 minutes, HIIT Sport – 45 minutes	
5.30pm	BARRE ATTACK		BARRE ATTACK			Barre Attack – 45 minutes	
6.00pm		HIIT Express		BOXFIT	LES MILLS BODYPUMP	Tabata & HIIT Express 30 minutes	
6.30pm	BOOTCAMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP				
7.00pm	PILATES			PILATES			

Hips, Abs & Thighs	Toning exercises specifically for the hips, abs and thighs.	LES MILLS BODYPUMP	The weights class that builds strength, tones your body and pushes you to the limit every time.
Total Body	Toning exercises for the upper body, mid section and lower body.	LES MILLS BODYSTEP	The fast paced, simple moves, on, over and around the step that will help shape your body.
CrossTrain	Low impact aerobics combine stepping moves and barbell exercises.	LES MILLS RPM	Riding through High intensity interval training sets to get results faster.
PILATES	Improve Flexibility, Posture, Breathing and Abdominal/Low Back strength.		
Circuit	A Cross Training using bodyweight, bars, dumbbells, steps, bands and balls.	BOXFIT	A high intensity full body workout. Using boxing techniques and fitness building activities.
AQUA	Low impact and flotation exercises challenge the body and improve overall fitness.	HIIT Express	A high intensity interval training workout taking advantage of the primal movement patterns.
Live Longer	Combining balance, strength, mobility and cardiovascular activities for the over 50 group.	HIIT Sport	A high intensity interval training workout pushing the intensity higher whilst focusing on technique and intensity.
BARRE ATTACK	A dynamic fusion of pilates, ballet and fitness exercises.	TABATA	A high intensity interval training session cycling through a 20 second work and 10 second rest interval set to challenge you.
active mums	Strengthening and toning exercises that focus on the pelvic floor, posture, core and mobility.	BOOTCAMP	An indoor High Intensity Interval program designed to maximise the benefits of compound movements.