

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		C4 Lisa 45 mins	LES MILLS BODYPUMP Cherie		Pilates Jennie 45 mins		
8.30am		8.00am NIFTY 50s Healthy Moves Rosemary		8.00am NIFTY 50s Pilates Jennie		LES MILLS BODYPUMP Carolyn 45 mins	C4 Jennie 45 mins
9.00am	metafit™ Lisa 30 mins	LES MILLS BODYPUMP Carolyn	metafit™ Dionne 30 mins	LES MILLS BODYSTEP Athletic Cherie	LES MILLS BODYPUMP Carolyn	9.15am LES MILLS BODYCOMBAT Carolyn	
9.30am	AB Blast Lisa 30 mins		AB Blast Dionne 30 mins				
10.00am	THUMP BOXING Kellie	LES MILLS BODYSTEP Athletic Cherie	THUMP BOXING Kellie	LES MILLS BODYPUMP Cherie	LES MILLS BODYCOMBAT Carolyn	10.15am Yoga Carolyn	
11.00am	LES MILLS BODYBALANCE Kellie	Roll and Release Cherie 45 mins	LES MILLS BODYBALANCE Kellie	Roll and Release Lisa 45 mins	LES MILLS BODYBALANCE Kellie		
1.00pm	NIFTY 50s Healthy Moves Rosemary		NIFTY 50s Healthy Moves Dionne		NIFTY 50s Healthy Moves Dionne		
5.45pm	metafit™ Lisa 30 mins	LES MILLS BODYSTEP Athletic Aya	metafit™ Lisa 30 mins	C4 Lisa 45 mins			
6.30pm	LES MILLS BODYPUMP Carolyn 30 mins	LES MILLS BODYCOMBAT Aya	6.15pm AB Blast Emily 30 mins	LES MILLS BODYPUMP Carolyn 30 mins			
7.00pm	LES MILLS BODYCOMBAT Carolyn 30 mins		6.45pm Roll and Release Emily 30 mins	LES MILLS BODYCOMBAT Carolyn 30 mins			
7.30pm	Yoga Carolyn	LES MILLS BODYBALANCE Kellie		Yoga Carolyn			

Bodypump™ - Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.

Bodycombat™ - A fiercely energetic program inspired by mixed martial arts. Strike, punch, kick and kata your way through calories.

Bodybalance™ - The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Bodystep™ - An energizing step workout that makes you feel alive. Push fat burning systems into high gear followed by muscle conditioning.

C4 - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking.

Thump Boxing™ - Hard hitting drills with cardio and boxing combinations guaranteed to improve cardio, speed, power and strength.

Metafit™ - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible.

AB Blast - Core and abdominal training that will get you ab-solutely fabtastic! Improve your posture, back strength and movement.

Roll and Release - Using foam rollers, balls and more you will increase short term flexibility, help to reduce muscle soreness and improve overall functional fitness.

Yoga - Explore the mind/body relationship through low impact moves, yoga postures and breathing techniques.

Nifty 50's Healthy Moves - A fitness session including cardio and strength training along with functional training for a balanced workout.

Pilates / Nifty 50's Pilates - This classical class works on core strength, posture, stability and flexibility whilst improving quality of movement.

6.00am	SPIN Cherie 45 mins			SPIN Cherie 45 mins			
8.15am							
9.00am	RPM Kellie 45 mins	SPIN HIIT Cherie 30 mins	RPM Kellie 45 mins			RPM Hollie 45 mins	
10.00am				SPIN HIIT Lisa 30 mins	RPM Kellie 45 mins		
6.00pm			SPIN Bec E 45 mins				

RPM™ - Ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach and discover your athlete within.

SPIN - An intense cardio workout that caters to all fitness levels. We will lead you through a series of stages to maximize your caloric burn.

SPIN HIIT - 30 minutes of intense freestyle cycling. Maximum power equals maximum results.