

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		C4 Lisa 45 mins	LES MILLS BODYPUMP Cherie		Pilates Jennie 45min		
8.30am		8am NIFTY 50s Healthy Moves Rosemary		8am 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	meta PWR Cherie 45 mins	LES MILLS BODYPUMP Carolyn	9.15am LES MILLS BODYCOMBAT Carolyn	
9.30am	AB Blast Lisa 30 mins		AB Blast Dionne 30 mins				
10.00am	LES MILLS BODYPUMP Cherie	meta PWR Cherie 45 mins	LES MILLS BODYBALANCE Kellie	LES MILLS BODYPUMP Cherie	LES MILLS BODYCOMBAT Carolyn	Yoga Carolyn 10.15am	
11.00am	LES MILLS BODYBALANCE Kellie				LES MILLS BODYBALANCE Kellie		
5.45pm	metafit™ Lisa 30 mins	C4 Simon 45 mins	meta PWR Lisa 45 mins	metafit™ Bec 30 mins			
6.30pm	LES MILLS BODYPUMP Carolyn 30 mins	LES MILLS BODYPUMP Aya 60 mins		LES MILLS BODYPUMP Carolyn 30 mins			
7.00pm	LES MILLS BODYCOMBAT Carolyn 30 mins			LES MILLS BODYCOMBAT Carolyn 30 mins			
7.30pm	Yoga Carolyn	LES MILLS BODYBALANCE Kellie		Yoga Carolyn			

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

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

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

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

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

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

MetaPWR - Similar to Metafit, MetaPWR is an equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

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.

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

SPIN ROOM TIMETABLE

6.00am	SPIN Cherie 45 mins			SPIN Cherie 45 mins			
8.15am							
9.00am		SPIN HIIT Cherie 30 mins	SPIN Lisa 45 mins			RPM Hollie 45 mins	
10.00am	RPM Kellie 45 mins			SPIN HIIT Lisa 30 mins	RPM Kellie 45 mins		
6.15pm			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.