

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	6am-6.45am SPIN	6am-6.45am C4	6am-7am LES MILLS BODYPUMP	6am-6.45am SPIN	6am-6.45am PILATES		
7.40am			7.45am-8.30am AQUA HIIT			7.40am-8.25am AQUA HIIT	
8am	8am-9am AQUA FIT				8am-8.45am AQUA HIIT	8.30am-9am LES MILLS BODYPUMP	8.30am-9am LES MILLS BODYPUMP
9am	9am-9.30am metafit.	9am-9.30am SPIN HIIT	9am-9.30am metafit.	9am-9.45am meta PWR	9am-9.45am SPIN	9.10am-9.40am SPIN HIIT	
	9.30am-10am CoreFX	9am-9.45am LES MILLS BODYPUMP	9.30am-10am CoreFX		9am-10am LES MILLS BODYPUMP	9am-10am LES MILLS BODYCOMBAT	
		9.45am-10.30am meta PWR					
10am	10am-11am LES MILLS BODYPUMP		10am-11am LES MILLS BODYBALANCE	10am-10.30am SPIN HIIT	10am-11am LES MILLS BODYCOMBAT	10am-11am YOGA	
11am	11am-12pm PILATES				11am-12pm LES MILLS BODYBALANCE		
1pm	1pm-2pm AQUA NIFTY 50s	1pm-2pm AQUA NIFTY 50s	1pm-2pm AQUA NIFTY 50s		1pm-2pm AQUA NIFTY 50s		
5.30pm	5.45pm-6.15pm LES MILLS BODYPUMP	5.30pm-6pm metafit.	5.45pm-6.15pm C4 HIIT	5.45pm-6.15pm LES MILLS BODYPUMP			
6pm	6.15pm-6.45pm LES MILLS BODYCOMBAT	6.15pm-7pm C4	6.15pm-6.45pm SPIN	6.15pm-6.45pm LES MILLS BODYCOMBAT			
	6.45pm-7.45pm YOGA			6.45pm-7.45pm YOGA			
7pm							

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/C4 HIIT

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

CoreFX

A core fitness class designed with more than your six-pack in mind. Improve your functional strength and work towards injury prevention with this effective class.

Metafit™

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

MetaPWR

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

General Information

- Please arrive at least 10 mins prior to class with a towel and water.
- For your safety, no one shall be allowed entry once the warm up has commenced.
- Inform the instructor of any injuries or conditions that may affect your ability to exercise.
- Class timetables may vary on public holidays.

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

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.

Aqua Fit

Ideal if you are recovering from an injury or are looking for a low impact routine. You will still be burning and toning in the water.

Aqua HIIT

Take your aqua session to the next level with this higher intensity but still low impact workout.

Nifty 50's

A gentle, fun aqua class all about socialising and enjoying exercise.



Creche

A fun, friendly and safe environment where your children will be cared for by our qualified staff. Bookings are essential 24 hours in advance.