6am-6.45am

**Spin**

6am-6.45am

**BODYPUMP**®

6am-6.45am

**BODYPUMP**®

9am-9.45am

**MetaPWR**

9am-9.30am

**C4 HIIT**

10am-10.45am

**BODYPUMP**®

9am-9.45am

**Spin**

8am-8.45am

**Aqua Fit**

6am-6.45am

**Spin**

6am-6.45am

**Strength**

**Squad**

6am-6.45am

**Aqua Fit**

7.40am-8.25am

**Aqua Fit**

6am-6.45am

**Aqua Fit**

7.15am-8.00am

**Aqua Fit**

8am-8.45am

**BODYPUMP**®

7.15am-8am

**SAS**

8.00-8.45am

**Aqua Fit**

9am-9.45am

**MetaPWR**

9am-9.45am

**BODY**

**COMBAT**®

9am-9.45am

**Strength**

**Squad**

7.30pm-8.15pm

**BODY**

**BALANCE**®

Virtual

10am-10.45am

**BODY**

**BALANCE**®

Virtual

5.30-6.15pm

**Pilates**

5pm-5.45pm

**DANCE**®

Virtual

6.20pm-7.05pm

**BODYPUMP**®

7.30am-8.15am

**BODY**

**ATTACK**®

Virtual

8.30am-9.15am

**DANCE**®

Virtual

9.30-10.15am

**BODY**

**PUMP**®

Virtual

10.30-11.15am

**BODY**

**BALANCE**®

Virtual

5.30pm -6.15pm

**BODY**

**COMBAT**®

5.40pm-6.10pm

**Spin HIIT**

5.40pm-6.10pm

**Spin HIIT**

4.45pm-5.15pm

**BODY**

**BALANCE**®

Virtual

4pm-4.30pm

**BODY**

**ATTACK**®

Virtual

4.30pm-5.15pm

**BODY**

**BALANCE**®

Virtual

4pm-4.45pm

**BODY**

**PUMP**®

Virtual

1pm–2pm

**Aqua Nifty 50s**

1pm–2pm

**Aqua Nifty 50s**

1pm–2pm

**Aqua Nifty 50s**

10am-10.45am

**Yoga Flow**

12pm-12.45pm

**BODY**

**PUMP**®

Virtual

11am-11.45am

**Pilates**

9.45-10.30am

**BODYPUMP**®

10.45-11.30am

**Pilates**

10am-10.30am

**Spin HIIT**

6.20pm-7.05pm

**Yoga Flow**

6.20pm-7.05pm

**BODYPUMP**®

6.20pm-7.05pm

**Yoga Flow**

7.30-8.15pm

**BODY**

**BALANCE**®

Virtual

7.15pm-8pm

**DANCE**®

Virtual

1pm–2pm

**Aqua Nifty 50s**

10.45-11.30am

**BODY**

**BALANCE**®

Virtual

10.45-11.30am

**BODY**

**BALANCE**®

Virtual

10am-10.30am

**Spin HIIT**

Class held by a live instructor in the group fitness room

Class held by a virtual trainer in the group fitness room

Class held in the pool

**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 Nifty 50s** - A gentle, fun aqua class all about socialising and enjoying exercise.

A black and white sign with white text

Description automatically generated - Yoga, Tai Chi, Pilates workout that builds flexibility/strength and leaves you

centred and calm. Bring your own mat or you are welcome to use one of ours.

\\wcc-san\cow3789$\cow3789's Documents\les-mills-bodycombat-logo.png - A fiercely energetic program inspired by mixed martial arts. Strike your way

through calories.

\\wcc-san\cow3789$\cow3789's Documents\body-pump-png-3.png- Focusing on low weight loads and high repetition movements, you’ll

burn fat and gain strength.

**C4 and 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.

A black logo with a white background

Description automatically generated- Is a high energy workout that will reinvent the way you move & sweat. Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres.

A great option for those who want to improve their dance skills while getting fit or just love to dance.

\\wcc-san\cow3789$\cow3789's Documents\metafit-training-logo.jpg**®** - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible.

\\wcc-san\cow2526$\cow2526's Documents\My Pictures\MetafitPWR-med-GY.jpg - Equipment based circuit style class using ‘non-traditional’ strength training exercises to develop power, strength, agility and cardiovascular fitness.

**Pilates** - This class works on core strength, posture, stability and flexibility whilst improving

quality of movement. Bring your own mat or you are welcome to use one of ours.

**Spin** - An intense cardio workout that caters to all fitness levels. Be lead through stages to

maximise your caloric burn.

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

**Strength Squad** - Lift heavy to live strong. Define, strengthen & develop your full body with a range of lifting techniques.

**Yoga Flow** - This class is about a fluid practice combining breath, movement and awareness to

facilitate strength, mobility, focus and relaxation for all fitness levels. Bring your own mat or you

are welcome to use one of ours.

**General information**

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