

Group Fitness Timetable

Classes highlighted in **YELLOW** are available in person or online via ZOOM. Chat to our team for details.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30am	SPIN SPRINT (30min)		RPM SPRINT (30min)	ADULT FIT SQUAD		
6.00am	CIRCUIT	STRENGTH	HIIT	PLATFORM	CIRCUIT 2 CORE	
8.00am	GOLD ACTIVE CIRCUIT		GOLD ACTIVE YOGA		GOLD ACTIVE BALL	CIRCUIT
	Gold Aqua		GOLD AQUA		GOLD AQUA	
9.15am	LES MILLS PUMP	LES MILLS GRIT/PILATES	STRENGTH	CIRCUIT	LES MILLS PUMP	
9.30am	ADULT FIT SQUAD	AQUA		AQUA	ADULT FIT SQUAD	
10.30am	YOGA	FAMFIT	FAMFIT	FAMFIT ZUMBA	FAMFIT PILATES	
12.00pm	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	FULL BODY WORKOUT	
3.45pm	TEEN GYM		TEEN GYM			
5:15pm	BOXING	LES MILLS PUMP	FUNCTIONAL	LES MILLS GRIT/PILATES		
5.30pm		SPIN		SPIN		
6.00pm					ADULT FIT SQUAD	
6.15pm		STRETCH		YOGA		
6.30pm	AQUA ZUMBA		AQUA			

SPIN/RPM – Group indoor cycling workout where you control the intensity. It’s fun, low impact and burns loads of calories. - Bookings are essential.

Les Mills Pump – Features 10 tracks with each focusing on a different muscle group, using barbells, weight plates and body weight.

Functional - A full body workout that combines cardio, free-weights and body-weight movements designed to increase strength and burn fat

Boxing – A cardiovascular class based on the training used for boxing. It can be done with a partner using pads and gloves or solo using dumbbells.

Strength – Strength based class using weight plates. The focus is to build muscle and learn correct form.

Full Body Workout – 30 minute indoor or outdoor high calorie burning class. A mix of interval and strength training.

Teen Gym – Specially designed group fitness class for teens aged 11-15 years, providing an introduction to the gym floor and fitness.

Zumba - a dance inspired workout, designed to get the heart pumping, you will smash out the calories and you move with the rhythm.

Adult Fit Squad – Want to improve on your swimming, strokes, fitness and possibly improve for your next triathlon? This class is for you, suited to all swimming levels.

Aqua – A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength and cardiovascular endurance.

Yoga – Yoga focuses on the alignment of the whole-body whole holding poses that support the spine and bring awareness of breath with movement.

Stretch – A gentle stretch class for all levels of flexibility.

FAMFIT – A family-based fitness class, children of all ages are welcome, a class where the kids can get involved or do their own thing while the adults get in a killer workout.

Circuit – High energy and fast-paced, move your way around different exercise stations, performing each exercise as many times as possible in a set time.

Gold Classes – Best-suited for over 55s age group but open to everyone!

Grit/Pilates Combo – 30 minutes HIIT workout followed by 30 minutes of improving flexibility and strength through controlled movements

Platform – A new HIIT exercise class using bodyweight and a step. Using principles of high intensity interval training, this class is sure to satisfy all.

HIIT – High Intensity Interval Training with minimal rest periods.

Zumba Aqua - Everything Zumba with water resistance, with less impact on joints.