

# CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYCOMBAT	30 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BODYPUMP	45 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
CIRCUIT	45 minutes	Cardio & Resistance	Moderate to High	Circuit style training with a focus on total body strength and conditioning.
CORE+	30 minutes	Resistance & Core	Moderate	Work with resistance tubes, weight plates, and body weight for a great core workout.
GLUTES GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving lower-body strength and sculpting your glutes, quads, thighs, and core – Working first on form and technique, before progressively increasing resistance levels.
GUNS GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving upper-body strength and sculpting your back, shoulders, chest and arms – Working first on form and technique, before progressively increasing resistance levels.
HIIT CARDIO	30 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.
HIIT POWER	30-45 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.
RPM	30-45 minutes	Indoor Cycling	High	A journey of hill climbs, sprints and flat riding where you control the intensity – Fun low impact exercise.
SCULPT	45 minutes	Strength & Sculpting	Moderate	Focus on strengthening your core, and toning your glutes, hamstrings and inner thighs. Lift, tighten and sculpt your body like never before.
SPRINT	30 minutes	Indoor Cycling	High	A high intensity, low impact cycling workout, scientifically proven to return rapid results.
SUPERSETS	45-55 minutes	Strength & Conditioning	Moderate to High	Strength based training with a core workout at the end for a balanced and effective full-body workout.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.
YIN YOGA	75 minutes	Mind & Body	Low	Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body for improved flexibility and relaxation.

## GROUP FITNESS TIMETABLE

v1.4.09 April-May

### HIIT CARDIO NEW CLASS

*Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness*

### SCULPT NEW CLASS

*Focus on strengthening your core, and toning your glutes, hamstrings and inner thighs – Lift, tighten and sculpt your body like never before*



# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
8:15am						<b>LES MILLS BODYPUMP</b>	
8:30am						<i>BOXING</i>	
8:45am	CIRCUIT	<i>BOXING</i>	<b>SUPERSETS+</b>	<b>GLUTES GALORE</b>	<b>SCULPT</b>		
9:40am							<b>YOGA</b>
10:00am							
10:15am		<b>GLUTES GALORE</b>		<b>GUNS GALORE</b>			
11:00am							
12:00pm							
2:30pm							
4:30pm	<b>HIITCARDIO</b>	<b>LES MILLS sprint</b>	<b>SCULPT</b>	CIRCUIT	<b>LES MILLS BODYCOMBAT</b>		
5:15pm	<b>LES MILLS BODYPUMP</b>	<b>SCULPT</b>			<b>CORE+</b>		
5:30pm			<i>BOXING</i>				
6:00pm							
6:15pm		<b>YOGA</b>		<b>YINYOGA</b>			
6:30pm	<b>HIITPOWER</b>						

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:00-9:25am	8:00-9:25am
Session 2	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	9:30-11:10am	9:30-11:10am
Session 3	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	-	-

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