

# CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYBALANCE®	45 minutes	Mind & Body	Low	A yoga-based class that improves flexibility and core strength while helping focus and reducing stress.
BODYPUMP®	45-60 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
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.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
BREATH OF LIFE ('PRANAYAMA')	55 minutes	Mind & Body	Low	Pranayama involves breathing exercises and patterns to reduce stress, improve concentration and increase energy levels.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
DANCE!™ BHANGRA	30 minutes	Dance & Cardio	Low to Moderate	A new high energy class that combines conventional Bhangra movements with cardio routines to improve coordination, muscle tone and aerobic fitness!
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	45-55 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.
PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Pilates increases flexibility, builds strength, develops control and improves endurance throughout the whole body. It places emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – The free wellness program for all residents over 50.
SHAPES™	45 minutes	Strength & Sculpting	Moderate	A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.
STRENGTH DEVELOPMENT™	45 minutes	Strength & Conditioning	Moderate	A new strength training program from Les Mills based on strength and conditioning science comprised of 12 workouts completed in sequence to effectively maximise gains.
SPIN	30 minutes	Indoor Cycling	High	Freestyle Cycling HIIT workout which simulates riding across different terrains.
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.

## GROUP FITNESS TIMETABLE

v1.4.25 May-June

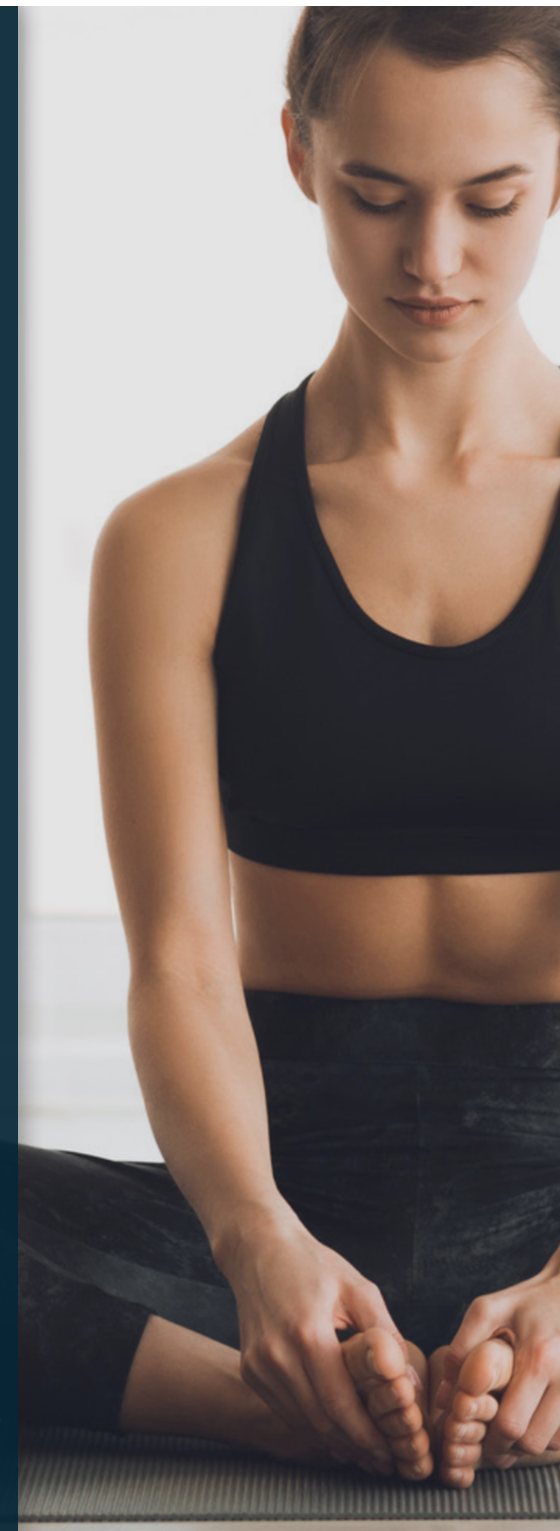
### IN FOCUS BREATH OF LIFE

*Pranayama, or breath control, is an ancient breathing practice which helps reduce stress, promote relaxation, increase focus, and enhance overall fitness and wellbeing!*

**6:15pm on Thursdays at Wanangkura Stadium!**

### CLASS MOVE YOGA AT MATHESON

*Early birds, rejoice! YOGA on Monday and Thursday mornings will now be at Colin Matheson Pavilion!*



# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7



30 Minute  
Express Class



Reserved  
Session



Colin Matheson  
Pavilion

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>M</b> <b>YOGA</b>			<b>M</b> <b>YOGA</b>			
7:00am							
8:00am							
8:30am						<b>LES MILLS</b> <b>BODYPUMP</b>	
9:00am	Strength Development <small>LES MILLS</small>	<b>LES MILLS</b> Shapes	<b>HIITPOWER</b>	<b>SUPERSETS+</b>	<b>LES MILLS</b> Shapes		
9:40am			<b>E</b> <b>LES MILLS</b> Shapes				
10:00am							<b>YOGA</b>
10:15am	<b>R</b> <b>SALT</b>	<b>R</b> <b>CORPORATE</b> fitness <b>60</b>			<b>R</b> <b>SALT</b>		
11:00am							
12:00pm							
4:30pm	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>HIITCARDIO</b>	<b>BOXING</b>		<b>HIITPOWER</b>		
5:10pm				<b>SPIN</b>			
5:30pm	Strength Development <small>LES MILLS</small>	<b>LES MILLS</b> Shapes					
6:15pm			<b>LES MILLS</b> <b>BODYPUMP</b>	<b>BREATH OF LIFE</b>			
6:30pm	<b>LES MILLS</b> Shapes	<b>DANCE!</b> BHANGRA					
7:00pm							

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:45-10:15am	-	8:15-9:45am
Session 2	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	-	9:45-11:15am
Session 3	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	-	4:15-5:45pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)