

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 your technique, stamina, cardio, and strength.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
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.
LES MILLS PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Traditional Pilates meets the Les Mills experience. with slow, simple movements to tone your abs, glutes, back, and hips, set to the newest tracks!
PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Pilates places an emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
ROLL RESTORE	45 minutes	Mind & Body	Low	A Gentle recovery class which combines foam rolling and guided stretching to release muscle tension, improve flexibility and enhance mobility.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantlly – 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	45 minutes	Strength & Conditioning	Moderate	This full-body workout targets all major muscle groups with controlled effective movements to help you tone, sculpt and feel stronger every session.
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

v1.4.28 July-September

PILATES 5 DAYS/WEEK

By popular demand, we've now got PILATES on every day of the week except for Friday and Sunday!

CRÈCHE TIMES THURSDAY EVENINGS

Crèche is available again on Thursday evenings! We're now back to two morning sessions and one evening session on all weekdays!



GROUP FITNESS SCHEDULE











WANANGKURA STADIUM 24-7



Reserved
Session



Colin Matheson
Pavilion

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	 YOGA		  PILATES	 YOGA			
7:00am							
8:00am							
8:30am							
9:00am	Strength Development <small>LES MILLS</small>	LES MILLS BODYBALANCE	HIITPOWER	SUPERSETS+	<small>LES MILLS</small> Shapes		
9:40am							
10:00am						 PILATES	YOGA
10:15am	 SALT	 CORPORATE fitness 60		<small>LES MILLS</small> PILATES	 SALT		
11:00am							
12:00pm							
4:30pm	BOXING	STRENGTH	SPIN	STRENGTH	HIITPOWER		
5:10pm			<small>LES MILLS</small> Shapes				
5:30pm		 PILATES		ROLLRESTORE			
6:15pm			<small>LES MILLS</small> BODYPUMP				
6:30pm	 PILATES						
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	4:15-5:45pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at fitns.me/text