

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.
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.
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.
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

School Holidays Edition

29/09-12/10

REMINDER CLASS BOOKINGS

If you change your mind or can't make it to class for any reason, please make sure you cancel your booking online so your fellow members get a chance to book in

ON DEMAND GRATWICK GYM

With Les Mills Virtual, members have access to 1000+ workouts from the world's best trainers 24-7 at Gratwick Gym



GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

WEEK 1



Colin Matheson
Pavilion

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	YOGA		PILATES	YOGA			
7:00am							
8:00am							
8:30am						LES MILLS BODY PUMP	
9:00am	STRENGTH	SCULPT	HIIT POWER	Strength Development <small>LES MILLS</small>	LES MILLS PILATES		
9:40am							
10:00am						PILATES	YOGA
10:15am							
11:00am							
12:00pm							
4:30pm	STRENGTH	HIIT CARDIO	HIIT POWER	STRENGTH			
5:15pm		PILATES					
5:30pm	LES MILLS Shapes			PILATES	LES MILLS Shapes		
6:15pm							
6:30pm							
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

GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7 **WEEK 2**

M Colin Matheson
Pavilion

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	M YOGA		M  PILATES	M YOGA			
7:00am							
8:00am							
8:30am						SPIN	
9:00am	STRENGTH	<small>LES MILLS</small> Shapes	HIITPOWER	STRENGTH / SPIN	<small>LES MILLS</small> PILATES		
9:40am							
10:00am						 PILATES	YOGA
10:15am							
11:00am							
12:00pm							
4:30pm	STRENGTH	HIITCARDIO	STRENGTH / SPIN	HIITPOWER			
5:15pm		 PILATES					
5:30pm	<small>LES MILLS</small> Shapes			 PILATES	<small>LES MILLS</small> Shapes		
6:15pm							
6:30pm							
7:00pm							

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