



STUDIO 1	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Hours	Saturday
6.00 AM					 5.30am	7.00 AM 7.30 AM	 
6.30 AM						8.00 AM	
9.15 AM						9.00 AM	
10.15 AM							
11:00 AM		12.00pm	Beginner 				
5.30 PM		6.00pm 					
6.30 PM							
7.00 PM							
7.30 PM							
RPM/ CYCLE	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Hours	Saturday
6.00 AM							
9.15 AM						9.00 AM	
10.15 AM							
6.00 PM							
6.30 PM							
MULTI FUNCTION ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Hours	Saturday
6.00 AM		<b>* BOXING *</b>					
9.15 AM							
10.15 AM							
11.00 AM							
5.30 PM							
6.00 PM			<b>* BOXING EXPRESS *</b>				
6.30 PM							



BODYPUMP® is the original 60-minute barbell class that strengthens the entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast.



CXWORX® is a 30 minute core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. This program is perfect for toning the shoulders, glutes, back, abs, obliques and cross slings, helping you run faster, play harder and stand stronger.



BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. A program essential for anyone looking to lose weight, de-stress, tone muscle and prevent injury.



BODYCOMBAT® is our martial arts inspired cardio class. This fiercely energetic program uses powerful combinations of boxing, kickboxing, muay thai, karate, Tai Chi and more. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through an incredible cardio workout. Perfect for men and women who want to get fit and release stress from the day.



This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter! Build cardio, agility, and plyometric power through sports-inspired conditioning drills. There's plenty of low options –the class is for all fitness levels! Express 30mins or 45mins



GRIT™ is a small group training program that will push you to your max, and beyond. Your coach will be right down on the floor with you, motivating you and the team, you won't believe how hard you can work out. This is **High Intensity Interval Training**: 30 minutes of intense challenge. With explosive music that will send energy levels through the roof. Grit is proven to target your fast twitch fibres to help build serious strength and power.



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Whether you are a conditioned athlete on just getting started this program will challenge you to reach your fitness goals.



Boxing is a program aimed at toning the upper body and increasing strength and endurance. This class utilises focus pads and gloves to give a great cardio workout designed at getting your heart rate up and burning calories. Learn new boxing combinations and techniques every class, come along with or without a partner.



HIIT is the high intensity interval training program that uses body weight exercises combined with compound weight movements aimed to build strength and condition your body faster. This 30 minute program offers fast paced exercises for you to push yourself with a personal trainer to motivate you along the way.



Zumba fuses hypnotic latin rhythms with international hits to create easy to follow moves that give an exhilarating dance fitness workout. This class will have you shakin the calories away in no time. Zumba fitness is for all ages and fitness levels our motto is ditch the workout and come join the party!



The original Step class utilising an Aerobic Step, combines both high and low impact routines to lift your heart rate and give a great lower body workout. This class will improve your coordination and agility while increase your strength and endurance levels. You legs will love it !



Step athletic is the X factor step class that is based on athletic moves using your entire body. An interval style format - adaptable to all fitness levels. Athletic step invites you to activate your entire body, elevate on and off the floor and step, strut your strength and work your entire CORE. Functional and time efficient training on the step. Your entire body will love it.



A Class where active adults engage, a gentler entry back to exercise either for rehabilitation, post pregnancy or first timers. This class is designed to keep you active, flexible, mobile and moving. Join others just like you in this friendly, social and relaxed environment. This lower paced class will see you have fun and get fit.



After childbirth you may be amazed at how your tummy may look like a deflated balloon. Post-natal exercise will speed up the recovery process and build valuable strength your body needs to keep up with the hectic schedule of caring for your newborn. Come join in a class with other new mums who know what you're feeling and going through. *Ages 6 weeks- 2 years \$10 for non-members*



When you see this Express symbol it represents a 30 minutes format of that class.