





GROUP EXERCISE TIMETABLE

PLEASE NOTE THAT THIS TIMETABLE IS SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY & RECRUITMENT.



GROUP FITNESS - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	LES MILLS BODYPUMP		LES MILLS BODYPUMP	yoga	LES MILLS BODYPUMP		
08:30am						LES MILLS BODYCOMBAT	LES MILLS BODYSTEP (30 MIN)
09:00am							LES MILLS Shapes
09:30am	LES MILLS tone	 ZUMBA GOLD®	LES MILLS BODYSTEP	LES MILLS Shapes	LES MILLS tone	LES MILLS BODYPUMP	
10:30am	LES MILLS BODYPUMP	LES MILLS Shapes	Mat Pilates	yoga	LES MILLS BODYBALANCE		
17:30pm	LES MILLS tone	LES MILLS BODYSTEP	Strength Development <small>LES MILLS</small>	LES MILLS BODYPUMP			
18:30pm	LES MILLS Shapes	yoga	LES MILLS BODYBALANCE				



CYCLE STUDIO - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint			
07:00am						LES MILLS RPM	
08:00am							
09:30am	LES MILLS RPM	LES MILLS sprint			LES MILLS RPM		
17:30pm			LES MILLS RPM				
18:00pm	FREESTYLE CYCLE						
19:00pm							

- VIRTUAL CYCLE CLASSES COMING SOON.
- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.





REFORMER PILATES - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	(B) REFORMER PILATES		(B) REFORMER PILATES		(B) REFORMER PILATES		
07:00am		(B) REFORMER PILATES		(B) REFORMER PILATES	(B) REFORMER PILATES		
08:00am				(B) REFORMER PILATES		(B) REFORMER PILATES	(B) REFORMER PILATES
08:30am	(B) REFORMER PILATES		(B) REFORMER PILATES				
09:00am						(B) REFORMER PILATES	(B) REFORMER PILATES
09:30am	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES		
10:00am						(B) REFORMER PILATES	(B) REFORMER PILATES
10:30am	(B) REFORMER PILATES		(B) REFORMER PILATES				
11:00am							
12:00pm							
16:00pm	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES		(B) REFORMER PILATES		
17:00pm	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES			
18:00pm			(B) REFORMER PILATES				

- VIRTUAL REFORMER PILATES CLASSES COMING SOON.
- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.



CONNECT30 - TIMETABLE

As at 1 May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15am							
05:30am							
05:50am							
07:30am							
08:10am							
09:00am							
17:30pm							
18:10pm							

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.



CLASS - DESCRIPTIONS

<p>LES MILLS BODYPUMP</p>	<p>The original barbell class that strengthens your entire body. This sixty-minute workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. Get the results you came for – and fast! BURN RATE: 560 calories* RESULTS: Increases strength and endurance while toning and shaping.</p>	<p>LES MILLS BODYJAM</p>	<p>BodyJam is a dance-based workout designed to get you moving and working your whole body. Inspired by dances all around the world BodyJam will bring a dose of soul to your life! Don't worry if dance is not your first language, our instructors will always keep the focus on fun and ensure you feel comfortable as you find your feet. BURN RATE: 506 calories* RESULTS: Burns calories, tones and shapes and improves coordination.</p>
<p>LES MILLS BODYSTEP</p>	<p>An energising step workout to make you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push your fat-burning systems into gear. Your legs will love it...eventually. BURN RATE: 620 calories* RESULTS: Improves heart and lung fitness as well as agility, coordination and strength.</p>	<p>LES MILLS tone</p>	<p>The ultimate way to get a tight and toned core and take your abs to the next level. Based on cutting-edge scientific research, this dynamic training hones in on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body. This class will leave you looking good and feeling strong. BURN RATE: 230 calories* RESULTS: Tightens and tones core muscles and improves functional strength.</p>
<p>LES MILLS BODYBALANCE</p>	<p>Pilates, yoga and tai chi combined in a workout that builds flexibility and strength leaving 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. BURN RATE: 390 calories* RESULTS: Improves joint flexibility and range of motion. Tones and shapes, and enhances mental wellbeing.</p>	<p>LES MILLS RPM</p>	<p>An indoor cycling routine workout where you ride a BodyBike (the latest indoor cycling technology) 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 trails and interval training. Discover your inner athlete – sweat and burn to reach your endorphin high. BURN RATE: 675 calories* RESULTS: Improves heart and lung fitness, strength and endurance.</p>
<p>LES MILLS BODYCOMBAT</p>	<p>An empowering cardio workout where you are totally unleashed. This program mixes a wide variety of martial arts to help you strike, kick, punch and kata your way through calories to release your inner warrior. BURN RATE: 737 calories* RESULTS: Tones and shapes and increases strength and stamina.</p>	<p>LES MILLS sprint</p>	<p>Smash your fitness goals faster! SPRINT is thirty minutes of high intensity interval training (HIIT) on a bike. This is a quick, hard style of training that will challenge your physical and mental limits, featuring bursts of intensity followed by short periods of rest that prepare you for the next effort. BURN RATE: 445 calories* RESULTS: Builds lean muscle and burns fat.</p>

• Please note: Burn rates are based on averages.



CLASS - DESCRIPTIONS

<p>LES MILLS THE TRIP</p>	<p>The original barbell class that strengthens your entire body. This sixty-minute workout challenges all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. Get the results you came for – and fast! BURN RATE: 560 calories* RESULTS: Increases strength and endurance while toning and shaping.</p>	<p>Strength <small>LES MILLS</small> Development</p>	<p>LES MILLS STRENGTH DEVELOPMENT is progressive strength training, meaning each workout focuses on a specific training protocol for building strength over the 12 workouts. This ranges from Foundational Strength, to Hypertrophy, to Pure Strength, while the structure and feel is very different to BODY PUMP™</p>
<p>LES MILLS Shapes</p>	<p>LES MILLS SHAPES™ is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.</p>	<p>FREESTYLE CYCLE</p>	<p>This is a Traditional indoor cycling experience. The ultimate cardiovascular workout on a bicycle working to motivational music, that also supports toning and shaping the whole body. This class is suitable for everyone, taking it totally at your own pace!</p>
<p>Mat Pilates</p>	<p>Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. These exercises help strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. Please BYO Mat</p>	<p>yoga</p>	<p>Join our invigorating Yoga sessions designed to foster harmony between body and mind. Led by seasoned instructors, our classes cater to all levels, from beginners to advanced practitioners. Whether you seek relaxation or a dynamic workout, our Yoga classes offer a holistic approach to wellbeing, promoting inner balance and vitality. Join us to unwind, rejuvenate, and discover your inner peace on the mat. Please BYO Mat.</p>

- Please note: Burn rates are based on averages.



CLASS - DESCRIPTIONS



Reformer Pilates is designed for all fitness and ability levels. Using spring-loaded resistance on a reformer bed, our instructors will guide you through a variety of exercises designed to increase your strength, mobility, coordination, and balance.



Perfect For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



KONGA® is a 50 minute easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. KONGA® is the all-in-one workout that will torch calories, tone up your bod, make your soul smile & inject your body with an endorphin overload. You will have so much fun sweating it out you might forget you're burning up to 600 calories. KONGA® is designed to be super inclusive for all shapes, ages, sizes and of course those who have two left feet.



Challenge yourself in our **CONNECT30** functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 30-minute classes are sure to get your heart rate going.

CONNECT30 AEROBIC is a class that will get your heart pumping for longer durations of work time, this class will help you increase your overall fitness.



STRENGTH

Challenge yourself in our **CONNECT30** functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 30-minute classes are sure to get your heart rate going.

CONNECT30 STRENGTH is a full body resistance training class that will help with overall strength & feeling fit.



FUNCTIONAL

Challenge yourself in our **CONNECT30** functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 30-minute classes are sure to get your heart rate going.

CONNECT30 FUNCTIONAL is a mixture of bodyweight functional movements & equipment that will help you improve mobility and tone.

• Please note: Burn rates are based on averages.