





# GROUP EXERCISE TIMETABLE

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



# GROUP FITNESS - TIMETABLE

As at 4<sup>th</sup> of November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	<b>LES MILLS PILATES</b>		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		
07:30am						<b>LES MILLS PILATES</b>	
08:30am		<b>LES MILLS Shapes</b>				<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYSTEP (30 MIN)</b>
09:00am				<b>LES MILLS BODYCOMBAT</b>			<b>LES MILLS Shapes</b>
09:30am	<b>tone</b>	 <b>ZUMBA GOLD</b>	Mat Pilates	<b>LES MILLS Shapes</b>	<b>tone</b>		
10:30am	<b>LES MILLS BODYPUMP</b>			<b>yoga</b>	<b>LES MILLS BODYBALANCE</b>		
17:30pm	<b>LES MILLS Shapes</b>		<b>LES MILLS PILATES</b>	<b>LES MILLS BODYPUMP</b>			
18:00pm		<b>yoga</b>					

- 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.



# CYCLE STUDIO - TIMETABLE

As at 4<sup>th</sup> of November 2024

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

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- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.



# REFORMER PILATES - TIMETABLE

As at 4<sup>th</sup> of November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES	(B) REFORMER PILATES		
07:00am	(B) REFORMER PILATES	(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						
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	(B) REFORMER PILATES		
18:00pm							

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- 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 VIRTUAL

As at 4<sup>th</sup> of November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15am	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
06:00am				🕒 VIRTUAL		🕒 VIRTUAL	🕒 VIRTUAL
07:00am						🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
07:30am			🕒 VIRTUAL EXPRESS				
08:15am		🕒 VIRTUAL EXPRESS		🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
09:30am							
10:00am							
11:00am				🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS
11:30am						🕒 VIRTUAL	🕒 VIRTUAL
12:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
13:00pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
13:30pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL	🕒 VIRTUAL
14:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
15:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
16:00pm						🕒 VIRTUAL	🕒 VIRTUAL
17:00pm						🕒 VIRTUAL	🕒 VIRTUAL
18:00pm						🕒 VIRTUAL	🕒 VIRTUAL
18:30pm	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS	🕒 VIRTUAL EXPRESS		
19:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
20:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL
21:00pm	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL	🕒 VIRTUAL

## Important Reminders:

- **Attend a Face-to-Face Session:** Before starting your virtual classes, please attend an in-person session to familiarise yourself with the safety aspects of the reformer. Each reformer is different, and we want to ensure you feel confident and safe using ours.
- **Booking Requirement:** Please remember to book into your virtual reformer classes. Members who book in advance will have priority access to the reformer machines.
- **Studio Access:** When entering and exiting the studio, please ensure that the door is securely closed behind you.
- **Duress Alarm:** If you are one of the first two members in the class, kindly pick up a duress alarm as a safety measure. The alarms are located on a hook above the fire extinguisher to the left of the room.
- **Equipment Care:** After each session, please clean your reformer and all equipment used. Ensure all springs are placed back, and that boxes, circles, and balls are returned to the right-hand side of your reformer. Weights should be neatly stored under the reformer at the end of the session.
- **Pregnancy or Injuries:** If you are pregnant or dealing with an injury that may affect your class, we strongly encourage you to attend a face-to-face session. This helps prevent any strain or injury and ensures you can train safely, as our virtual classes are not designed to support these specific needs.

# FUNCTIONAL TRAINING

Quick, high-impact 45-minute sessions keeping you motivated, challenging yourself and see results!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15am	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH	AEROBIC		
06:10am	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH			
07:30am						FUNCTIONAL	
09:00am	FUNCTIONAL		AEROBIC		AEROBIC		
09:30am							
17:30pm	FUNCTIONAL	STRENGTH	AEROBIC	STRENGTH			

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## CLASS - DESCRIPTIONS

<b>LES MILLS BODYPUMP</b>	<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!</p> <p><b>BURN RATE:</b> 560 calories*</p> <p><b>RESULTS:</b> Increases strength and endurance while toning and shaping.</p>	<b>LES MILLS Shapes</b>	<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>
<b>LES MILLS BODYSTEP</b>	<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.</p> <p><b>BURN RATE:</b> 620 calories*</p> <p><b>RESULTS:</b> Improves heart and lung fitness as well as agility, coordination and strength.</p>	<b>LES MILLS tone</b>	<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.</p> <p><b>BURN RATE:</b> 230 calories*</p> <p><b>RESULTS:</b> Tightens and tones core muscles and improves functional strength.</p>
<b>LES MILLS BODYBALANCE</b>	<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.</p> <p><b>BURN RATE:</b> 390 calories*</p> <p><b>RESULTS:</b> Improves joint flexibility and range of motion. Tones and shapes, and enhances mental wellbeing.</p>	<b>LES MILLS RPM</b>	<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.</p> <p><b>BURN RATE:</b> 675 calories*</p> <p><b>RESULTS:</b> Improves heart and lung fitness, strength and endurance.</p>
<b>LES MILLS BODYCOMBAT</b>	<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.</p> <p><b>BURN RATE:</b> 737 calories*</p> <p><b>RESULTS:</b> Tones and shapes and increases strength and stamina.</p>	<b>LES MILLS sprint</b>	<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.</p> <p><b>BURN RATE:</b> 445 calories*</p> <p><b>RESULTS:</b> Builds lean muscle and burns fat.</p>

- Please note: Burn rates are based on averages.



## CLASS - DESCRIPTIONS

 <b>REFORMER PILATES</b>	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.	 <b>ZUMBA GOLD®</b>	<p>Perfect For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.</p> <p>This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!</p>
	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.	<b>AEROBIC</b>	<p>Challenge yourself in our <b>B Active</b> functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 45–50-minute classes are sure to get your heart rate going.</p> <p><b>B Active AEROBIC</b> is a class that will get your heart pumping for longer durations of work time, this class will help you increase your overall fitness.</p>
<b>STRENGTH</b>	<p>Challenge yourself in our <b>B Active</b> functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 45-50 minute classes are sure to get your heart rate going.</p> <p><b>B Active STRENGTH</b> is a full body resistance training class that will help with overall strength &amp; feeling fit.</p>	<b>FUNCTIONAL</b>	<p>Challenge yourself in our <b>B Active</b> functional training sessions. Combining elements of high-intensity interval training (HIIT) and circuit training – these 45–50-minute classes are sure to get your heart rate going.</p> <p><b>B Active FUNCTIONAL</b> is a mixture of bodyweight functional movements &amp; equipment that will help you improve mobility and tone.</p>

- Please note: Burn rates are based on averages.



## CLASS - DESCRIPTIONS

<b>Mat Pilates</b>	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	<b>Strength Development</b>	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 BODYPUMP™
<b>yoga</b>	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.	<b>FREESTYLE CYCLE</b>	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!

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