


STUDIO 1						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
	9.00 Step					
9.30 Step	9.45 Aerobics	9.30 Tri Aerobics	#9.30 Body Pump	9.30 Body Combat	9.30 Tri Aerobics	
#10.15 Body Pump	10.30 TTB	10.15 TTB	10.30 Tri Aerobics	#10.15 Body Balance	#10.30 Body Pump	10.30 TTB
5.15 Step	5.15 TTB	5.15 Aerobics				
6.00 Aerobics	#6.00 Body Pump	#6.00 Body Combat	6.00 Body Combat	6.00 Step		
#6.45 Body Pump	#7.00 Body Balance	7.00 Step	#6.45 Body Pump	6.45 TTB		
7.45 TTB	#8.00 Body Combat	#7.45 Body Pump	7.45 Step	# = 60 minutes all other classes 45 minutes 		
			#8.30 Body Balance			

am

pm

Class Descriptions

Aerobics - a cardio workout sure to motivate & inspire you with great instructors & music.

Body Balance - leaves you feeling relaxed & renewed. Combines eastern disciplines such as yoga, tai chi and pilates. Structured stretches, moves & poses bring the body into a state of harmony & balance.

Body Combat - combines moves from karate, boxing & taekwondo. The music creates a fierce energetic experience which increases your fitness levels while reducing fat & cholesterol.

Body Pump - barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Great music & your choice of weight inspire you to get the results you came for and fast!

Circuit - a combination of cardio & strength training which provides a great workout increasing general fitness, assisting in weight loss and lowering blood pressure.

Combo - a combination of circuit and aerobics

FitBall - creates an exciting all round workout that promises to surprise & challenge. Focussing on core stabilisation, strength & conditioning, injury prevention, flexibility & mobility.

RPM - designed to increase cardio capacity and amazingly burn up to 800 calories in one session. If you want serious results seriously fast, get on your bike and experience the fat burning ride of your life.

Step - delivers a high energy cardio workout to music, resulting in calorie burning and toning of the lower body.

TRI Aerobics - a little bit of everything. A low to medium impact class consisting of aerobics, step and TTB.

TTB Tummy, Thighs, Bottoms - exactly as it sounds....a muscle conditioning workout which concentrates on the stomach, thighs and buttocks.

STUDIO 2						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
#6.10 Circuit		#6.10 Circuit		#6.10 Circuit		
#9.30 Circuit	#9.45 Circuit	#9.30 Circuit	#9.30 Circuit	#9.30 Circuit	#9.30 Circuit	#9.30 Circuit
#10.30 FitBall		#10.30 FitBall				
6.00 Circuit	6.00 Circuit	6.00 Circuit		#6.00 Circuit		
6.30 Circuit	6.30 Circuit	6.30 Circuit		# = 45 minutes all other classes 30 minutes		
#7.00 FitBall	#7.00 FitBall					

am

pm

STUDIO RPM - GROUP CYCLING						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
9.30					9.15	
	10.30	10.15	10.15	10.15		
6.00	6.30	6.00	6.00	all classes 45 minutes		
7.30						

am
pm

EFFECTIVE 05 JUNE 2008

TOWELS COMPULSORY