

**SPIN**

Indoor cycling class incorporating mimicking on road, off road, indoor and dirt track techniques too upbeat music.

**50/50**

Express Spin & Tabata (High Intensity Interval Training).

**BOXERCISE**

A circuit based class focusing on the training concepts boxers use.

**STRUT**

Dance fitness class with easy progressive aerobic style layering.

**PUMP**

Strength endurance class incorporating the use of dumbbells and a barbell.

**CIRCUITS**

Conditioning class using endurance and resistance training, with short and often rapid movements with rest in-between.

**PILATES**

Low impact class that encourages proper postural alignment, core strength and muscle balance.

**YOGA FLOW**

Smooth moving warm Yoga using contemporary styles, synchronising each pose to a breath. (Vinyasa)

**HOT YOGA**

Yoga performed in climate-controlled studio with the heat and humidity jacked up to tropical intensity.

**POWER YOGA**

A variety of poses in different order with emphasis on strength and flexibility. (Ashtanga/Vinyasa)

**COUCH 2 5K (RUNNING)**

Beginners running club, helping you to achieve your 1st 5k comfortably and safely.





---

# CLASS TIMETABLE

---



# CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUNRISE</b> 	<b>SPIN</b> 6.30am [45 mins]	<b>PUMP</b> 6.30am [45 mins]	<b>SPIN</b> 6.30am [45 mins]	<b>CIRCUITS</b> 6.30am [45 mins]	<b>SPIN</b> 6.30am [45 mins]	<b>50/50</b> 7.30am [45 mins]	
<b>MORNING</b> 	<b>SPIN</b> 9.30am [45 mins]	<b>CIRCUITS</b> 9.45am [45 mins]	<b>SPIN</b> 9.30am [45 mins]	<b>HOT YOGA</b> 9.45am [60 mins]	<b>SPIN</b> 9.30am [45 mins]		<b>COUCH 2 5K</b> 9.00am [45 mins]
<b>MID MORNING</b> 	<b>PILATES</b> 10.30am [45 mins]				<b>STRUT</b> 10.30am [45 mins]	<b>SPIN</b> 10.00am [45 mins]	<b>SPIN</b> 10.00 am [45 mins]
						<b>POWER YOGA</b> 11.30am [60 mins]	
<b>SUNSET</b> 	<b>50/50</b> 6.15pm [45 mins]	<b>CIRCUITS</b> 6.15pm [45 mins]	<b>BOXERCISE</b> 6.15pm [45 mins]	<b>SPIN</b> 6.15pm [45 mins]	<b>SPIN EXPRESS</b> 5.30pm [30 mins]		
	<b>BOXERCISE</b> 7.15pm [45 mins]	<b>SPIN</b> 7.15pm [45 mins]	<b>STRUT</b> 7.15pm [45 mins]	<b>PUMP</b> 7.15pm [45 mins]	<b>YOGA FLOW</b> 6.15pm [60 mins]		
	<b>STRUT</b> 8.00pm [45 mins]	<b>HOT YOGA</b> 8.00pm [60 mins]	<b>PILATES</b> 8:00pm [45 mins]	<b>POWER YOGA</b> 8.00pm [60 mins]			