



# CLASS TIMETABLE

## MONDAY

06:30	VIRTUAL SPIN	GREG	30MIN
07:00	ASHTANGA YOGA	STEPH	60MIN
08:45	BEACH YOGA	BEX	45MIN
08:45	BODYATTACK	LAUREN	30MIN
09:00	AQUA CIRCUITS	GREG	45MIN
09:30	PLATE-LIT	STEVEO	30MIN
10:15	GLUTE STRENGTH	GREG	45MIN
10:30	SPIN	LAUREN	45MIN
11:15	BODYBALANCE	BEX	55MIN
11:30	EXPRESS SPIN	GREG	30MIN
12:15	COASTNCARDIO	STEVEO	30MIN
12:30	HOT STRETCH	LAUREN	45MIN
14:15	BODY PUMP	LAUREL	45MIN
17:15	MUSCLE BEACH	LAUREL	30MIN
17:15	HATHA YOGA	MADDIE	60MIN
18:30	BODY PUMP	EMMA	45MIN
18:15	SPIN	LAUREL	45MIN
19:30	ZUMBA	KYLIE	55MIN
19:15	SPIN	LAUREL	45MIN
20:30	YOGA FLOW	MADDIE	60MIN

## THURSDAY

07:00	BODY PUMP	LAUREL	45MIN
08:00	TRX CLUB	LAUREL	45MIN
08:15	SPIN	LAUREN	45MIN
09:15	AQUA CIRCUITS	LAUREL	45MIN
09:15	GLUTE HYBRID	LAUREN	45MIN
10:15	FASCIA RELEASE	LAUREN	55MIN
11:20	PLATE LIT	LAUREL	30MIN
12:00	YOGATHERAPEUTIC	RUTH	60MIN
13:15	PILATES	JO	60MIN
14:30	VIRTUAL SPIN	GREG	30MIN
16:15	PILATES	KELLY	45MIN
17:00	PROJECT YOU	KELLY	60MIN
17:15	GIG CLUB	GREG	45MIN
18:15	MUSCLE BEACH	GREG	45MIN
18:15	BODY PUMP	KELLY	45MIN
18:30	SPIN	VICKY	45MIN
19:15	BODY COMBAT	KELLY	55MIN
20:15	BODY BALANCE	KELLY	45MIN

## TUESDAY

06:30	VIRTUAL SPIN	KAT	30MIN
07:00	BEACH BOOTCAMP	KAT	45MIN
08:00	PILATES(INTER)	REBA	60MIN
09:15	PILATES(ADV)	REBA	60MIN
09:30	SPIN	LAUREL	45MIN
10:00	GIG CLUB	KAT	30MIN
10:30	BODY PUMP	IAN	55MIN
10:30	EXPRESS SPIN	STEVEO	45MIN
10:45	MUSCLE BEACH	KAT	45MIN
11:45	BODY BALANCE	IAN	55MIN
12:00	AQUA BLAST	KAT	30MIN
13:00	BARRE	KAT	45MIN
14:00	HOT STRETCH	BEX	45MIN
14:30	VIRTUAL SPIN	STEVEO	30MIN
17:00	SPIN	LA STEVE	45MIN
17:15	BODYBALANCE	KELLY	45MIN
17:30	GIG CLUB	GREG	30MIN
18:00	MEGASPIN	LA STEVE	60MIN
18:15	BODY COMBAT	KELLY	55MIN
19:30	SPIN	LA STEVE	60MIN
19:30	CORE WORK	GREG	30MIN
20:15	YOGARESTORATIVE	LUCIE	60MIN

## FRIDAY

06:30	SPIN	JODIE	45MIN
07:00	ASHTANGA YOGA	RUTH	60MIN
08:15	SPIN	CRAIG	45MIN
09:00	AQUA FIT	LAUREL	45MIN
09:15	SPIN	CRAIG	45MIN
09:15	BODY ATTACK	KELLY	45MIN
10:15	MUSCLE BEACH	LAUREL	45MIN
10:15	SPIN	STEVEO	45MIN
10:30	PLATE-LIT	KELLY	30MIN
11:15	SH'BAM	KELLY	45MIN
12:15	GIG CLUB	STEVEO	30MIN
12:15	BODY BALANCE	KELLY	55MIN
13:00	LADIES LIFT	LAUREL	45MIN
14:00	BODY COMBAT	KAT	55MIN
15:15	GENTLE FIT	KAT	45MIN
17:15	SPIN	LA STEVE	45MIN
18:00	BODY BALANCE	KAT	45MIN
18:15	SPIN	LA STEVE	45MIN
19:00	BARRE	KAT	45MIN

## WEDNESDAY

06:15	SPIN	CRAIG	45MIN
07:05	BARRE	KAT	45MIN
08:00	BODY ATTACK	KAT	45MIN
09:00	YOGA FLOW	BEX	45MIN
10:00	BODY COMBAT	KAT	55MIN
10:00	MUSCLE BEACH	GREG	60MIN
10:15	SPIN	STEVEO	45MIN
11:15	HOT STRETCH	BEX	45MIN
12:00	AQUA BLAST	KAT	30MIN
12:00	STRENGTH&CON	GREG	60MIN
17:15	(BEG)YOGA	MADDIE	60MIN
18:00	SPIN	CRAIG	45MIN
18:15	SH'BAM	KELLY	45MIN
19:15	BODY PUMP	IAN	55MIN
19:15	SPIN	CRAIG	45MIN
20:30	YOGA FLOW	MADDIE	60MIN

## SATURDAY

08:00	BODY PUMP	KELLY	55MIN
08:15	SPIN	LA STEVE	45MIN
09:15	BODY ATTACK	KELLY	45MIN
09:15	SPIN	LA STEVE	45MIN
10:15	PILATES	JO	60MIN
10:15	SPIN	LA STEVE	45MIN
11:20	PILATES	JO	60MIN
15:00	MUSCLE BEACH	TEAM	60MIN
16:00	COMPOUND LIFT	TEAM	60MIN
17:45	CORE	TEAM	30MIN

## SUNDAY

08:30	BOOTCAMP	KAT	45MIN
09:00	BODY PUMP	EMMA	55MIN
09:30	SPIN	CRAIG	45MIN
09:30	MUSCLE BEACH	KAT	30MIN
10:15	BODY BALANCE	EMMA	45MIN
11:15	BARRE	KAT	45MIN
12:15	SH'BAM	KAT	45MIN
15:00	LADIESLIFT(BEG)	JODIE	45MIN
16:00	LADIESLIFT(ADV)	JODIE	45MIN
18:30	SPIN	JODIE	45MIN

# CLASS DESCRIPTIONS

## MAIN STUDIO

Meet at Main Studio



### LES MILLS BODY PUMP

THE ORIGINAL BARBELL WORKOUT. USING A RANGE OF WEIGHTS WITH LOTS OF REPS, BODY PUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS LOTS OF CALORIES



### FLEXIBILITY

DEVOTED TO LEARNING FLEXIBILITY-BASED SKILLS- ATTEND WEEKLY TO SEE OPTIMUM RESULTS!



### VINYASA FLOW

SUITABLE FOR INTERMEDIATE LEVEL. FLOW THROUGH POSES IN SYNC WITH YOUR BREATH TO DEVELOP MOBILITY, STRENGTH & FIND YOUR INNER ZEN



### ASHTANGA YOGA

ASHTANGA BASED FLOW, COMBINING PHYSICALLY DEMANDING MOVEMENT AND BREATH TO CREATE INTERNAL HEAT DESIGNED TO PURIFY THE BODY



### HATHA YOGA

THE PRACTISE OF PHYSICAL YOGA POSES AND BREATHING TECHNIQUES TO ALIGN AND CALM THE BODY, MIND AND SPIRIT.



### PILATES

FOCUS ON POSTURE & FLEXIBILITY. IT IS SUITABLE FOR ALL AGES & FITNESS LEVELS



### LES MILLS BODY BALANCE

INSPIRED BY YOGA & PILATES, BODY BALANCE USES A RANGE OF MOVEMENTS SET TO MUSIC THAT WILL IMPROVE YOUR MIND & BODY



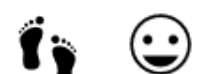
### HOT STRETCH/FLOW

DEVELOP FLEXIBILITY AND MOBILITY IN THIS FULL-BODY STRETCH CLASS



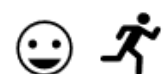
### SH'BAM

GREAT TUNES, GREAT MOVES, AND NO DANCE EXPERIENCE REQUIRED!



### ZUMBA

HOW TO MAKE CARDIO MORE FUN? DANCE YOUR HEART OUT! JOIN US FOR THIS FUN, HIGH ENERGY WORKOUT EXPERIENCE!



### LES MILLS BODY COMBAT

THE ORIGINAL MIXED MARTIAL ARTS WORKOUT. THIS HIGH TEMPO SESSION GIVES A FULL BODY WORKOUT- SERIOUS FUN, SERIOUS CALORIE BURN!



### BARRE

INSPIRED BY ELEMENTS OF YOGA, BALLET AND PILATES, THIS LOW IMPACT, HIGH INTENSITY WORKOUT WILL STRENGTHEN YOUR BODY LIKE NOT MANY OTHER CLASSES CAN!



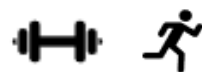
### PLATE-LIT

LOW-INTENSITY STRENGTH BASED TRAINING, USING BODY-WEIGHT AND PLATES TO HELP STRENGTHEN AND TONE THE WHOLE BODY



### BODY ATTACK

A WORKOUT COMBINING ATHLETIC MOVEMENTS DESIGNED TO CHALLENGE YOUR LIMITS!



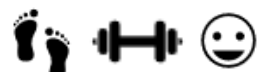
### BOX HIIT

BOXING INSPIRED HIGH INTENSITY INTERVAL TRAINING!



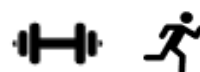
### INVERSIONS

CORE STABILITY, UPPER BODY STRENGTH, MOBILITY, WITH SOME NEW SKILLS THROWN IN! THINK.. HANDSTANDS!!



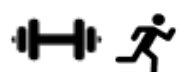
### BOXING 101

LEARN THE FUNDAMENTALS OF BOXING IN A FUN AND FRIENDLY GROUP ENVIRONMENT!



### GLUTE STRENGTH

THIS IS ALL ABOUT GROWING THAT PEACH! A SWEET MIX OF BODY WEIGHT AND RESISTANCE WORK FOR A BIGGER, BETTER, STRONGER BEHIND



### BODYWORK

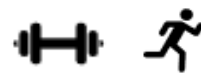
SPLIT INTO TWO PARTS. HIGH INTENSITY FITNESS FOLLOWED BY STRENGTH AND CONDITIONING WORK DESIGNED TO IMPROVE SPORTS PERFORMANCE



### STEP

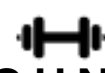
A FULL BODY CARDIOWORKOUT TO TONE YOUR GLUTES&LEGS.

## GYM FLOOR



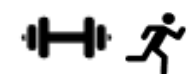
### LADIES LIFT

SMALL-GROUP TRAINING FOR WOMEN WHO LIKE TO LIFT! NEWCOMERS AND EXPERIENCED WELCOME!



### COMPOUND LIFT

RESISTANCE TRAINING WORKING MULTIPLE MUSCLE GROUPS. FOR ALL ABILITIES

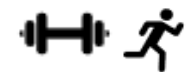


### INTERVALS

DEVOTED PURELY TO THE DEVELOPMENT OF HIGH-END FITNESS! NOT FOR THE FAINT-HEARTED!

## GIG STUDIO

Meet at the Gig Studio



### GIG CLUB

COMBINING CARDIO AND STRENGTH FOR A FUN AND DYNAMIC ROWING-BASED WORKOUT!

## SPIN STUDIO

Meet at Spin Studio



### HOT SPIN

60 MINUTES OF PURE CALORIE BURN. THIS IS YOUR CLASSIC SPIN, CRANKED UP A NOTCH IN BOTH INTENSITY AND TEMPERATURE!



### SPIN/EXPRESS

30-45 MINUTE CYCLE WORKOUTS AIMED FOR THOSE LOOKING TO BURN CALORIES & GET A GREAT HIGH-TEMPO WORKOUT



### ENDURANCE CLUB

ANOTHER ONE FOR THE ENDURANCE LOVERS. 90 MINUTES OF ENDURANCE-BASED EXERCISE WHICH VARIES WEEK TO WEEK!

## POOL

Meet in the swimming pool



### AQUA CIRCUITS

FULL-BODY STRENGTH AND CARDIO WORKOUT USING THE WATER AS BOTH RESISTANCE AND PROTECTION FROM IMPACT



### AQUA BLAST

THE ABOVE, BUT CONDENSED IN TO 30 MINUTES!

## BEACHFRONT

Meet at Health Club reception



### COAST N CARDIO

FUN, HIGH ENERGY FITNESS- BY THE COAST!



### BEACHCLUB

DIFFERENT EVERY WEEK! A HIGH ENERGY, FULL BODY WORKOUT. FUN IN THE SUN AND SAND!

# YOUR KEY TO FITNESS



### CARDIO BASED

FOR BURNING FAT, IMPROVING CARDIOVASCULAR HEALTH & ALL ROUND FITNESS



### RESISTANCE/TONE

IDEAL IF YOUR GOALS ARE FOCUSED AROUND CREATING A LEANER PHYSIQUE



### FUN LOVING

THESE CLASSES ARE BASED ON ENJOYMENT & MAKING NEW FITNESS FRIENDS



### MIND, BODY, SOUL

THESE CLASSES WILL HELP RELAX, DE-STRESS & UNWIND