



CLASS TIMETABLE

MONDAY

06:10	LM RPM	VIRTUAL	50MIN
07:00	ASHTANGA YOGA	STEPH	60MIN
08:00	LM SPRINT	VIRTUAL	30MIN
08:30	BODY PUMP	KELLY	45MIN
09:00	AQUA CIRCUITS	GREG	45MIN
09:15	LM TRIP	VIRTUAL	30MIN
09:30	PLATE-LIT	STEVEO	45MIN
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	45MIN
12:30	HOT STRETCH	LAUREN	45MIN
14:15	BODY PUMP	LAUREL	45MIN
15:15	PILATES	JO	60MIN
17:00	LM TRIP	VIRTUAL	45MIN
17:15	HIIT CIRCUITS	LAUREL	30MIN
17:15	YOGA HATHA	MADDIE	60MIN
18:30	BODY PUMP	EMMA	45MIN
18:15	SPIN	LAUREL	45MIN
19:15	SPIN	LAUREL	60MIN
19:30	ZUMBA	AMY	55MIN
20:30	YOGA FLOW	MADDIE	60MIN

TUESDAY

06:30	LM SPRINT	VIRTUAL	30MIN
07:00	BEACH BOOTCAMP	KAT	45MIN
08:00	PILATES(INTER)	REBA	60MIN
09:15	PILATES(ADV)	REBA	60MIN
09:30	SPIN	AMY	45MIN
10:00	GIG CIRCUITS	KAT	30MIN
10:30	BODY PUMP	KELLY	55MIN
10:30	EXPRESS SPIN	STEVEO	45MIN
11:45	BODY BALANCE	KAT	55MIN
12:00	AQUA BLAST	KELLY	30MIN
13:00	BARRE	KAT	45MIN
14:00	STRETCH	BEX	45MIN
14:10	LM RPM	VIRTUAL	50MIN
14:30	GIG	GREG	30MIN
17:00	SPIN	GREG	45MIN
17:15	BODYBALANCE	KELLY	45MIN
18:00	CIRCUITS	GREG	30MIN
18:00	THE TRIP	VIRTUAL	45MIN
18:15	BODY COMBAT	KELLY	55MIN
19:00	SPIN	MILLIE	45MIN
19:30	CORE WORK	GREG	30MIN
20:15	YOGARESTORATIVE	LUCIE	60MIN

WEDNESDAY

06:15	SPIN	CRAIG	45MIN
07:00	BARRE	KAT	45MIN
08:15	BODY ATTACK	KAT	30MIN
08:00	LM SPRINT	VIRTUAL	30MIN
09:00	YOGA FLOW	BEX	45MIN
09:10	LM RPM	VIRTUAL	50MIN
10:00	BODY COMBAT	KAT	55MIN
10:15	SPIN	STEVEO	45MIN
11:15	HOT STRETCH	BEX	45MIN
12:00	AQUA BLAST	KAT	30MIN
13:00	PLATE-LIT	KAT	30MIN
13:45	CORE	KELLY	30MIN
14:30	POWER YOGA	IAN	45MIN
17:15	CIRCUITS	MILLIE	45MIN
17:15	LM SPRINT	VIRTUAL	45MIN
17:15	YOGA(BEGINNNER)	MADDIE	60MIN
18:15	SPIN	MILLIE	45MIN
18:15	SH'BAM	KELLY	45MIN
19:15	BODY PUMP	MILLIE	55MIN
19:15	SPIN	CRIS	45MIN
20:30	YOGA FLOW	MADDIE	60MIN

THURSDAY

06:15	LM TRIP	VIRTUAL	30MIN
07:00	BODY PUMP	KELLY	45MIN
08:00	PILATES	KELLY	45MIN
08:15	SPIN	LAUREN	45MIN
09:15	AQUA CIRCUITS	KELLY	45MIN
09:15	STRENGTH&CON	LAUREN	60MIN
10:30	FASCIA RELEASE	LAUREN	45MIN
11:20	PLATE LIT	KELLY	30MIN
12:00	YOGATHERAPEUTIC	RUTH	60MIN
13:15	PILATES	JO	60MIN
14:15	LM TRIP	VIRTUAL	45MIN
14:30	CIRCUITS	GREG	30MIN
17:15	BODY PUMP	LIZ	45MIN
17:15	SPIN	FRANCESCA	45MIN
18:15	GIG CLUB	GREG	45MIN
18:30	SPIN	VICKY	45MIN
18:30	SH'BAM	KAT	45MIN
19.15	STRENGTH&CON	GREG	60MIN
19:30	LM SPRINT	VIRTUAL	30MIN
19:15	BODY COMBAT	KAT	45MIN
20:15	BODY BALANCE	KAT	45MIN

FRIDAY

06:30	SPIN	LAUREL	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	HIIT CIRCUITS	LAUREL	30MIN
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
14:15	GENTLE FIT	KAT	45MIN
15;15	STRETCH	KAT	30MIN
17:15	SPIN	LA STEVE	45MIN
18:00	BODY BALANCE	KAT	45MIN
18:15	SPIN	LA STEVE	45MIN
19:00	BARRE	KAT	45MIN

SATURDAY

07:10	LM RPM	VIRTUAL	50MIN
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
15:00	CIRCUITS	TEAM	60MIN
16:00	COMPOUND LIFT	TEAM	60MIN
17:45	CORE	TEAM	30MIN
18:15	LM TRIP	VIRTUAL	45MIN

SUNDAY

07:45	LM SPRINT	VIRTUAL	30MIN
08:30	BOOTCAMP	TEAM	45MIN
09:00	BODY PUMP	EMMA	55MIN
09:30	SPIN	CRAIG	45MIN
09:30	CIRCUITS	TEAM	30MIN
10:30	LM TRIP	VIRTUAL	45MIN
10:15	BODY BALANCE	EMMA	45MIN
11:15	CORE	TEAM	45MIN
15:00	LADIESLIFT(BEG)	TEAM	45MIN
16:00	LADIESLIFT(ADV)	TEAM	45MIN
18:30	SPIN	TEAM	45MIN

StMICHAELS
HEALTH
CLUB

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



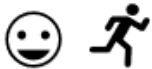
SH'BAM

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!!



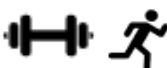
BOXING 101

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



INTERVALS

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

GYM FLOOR



LADIES LIFT

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

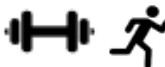


COMPOUND LIFT

RESISTANCE TRAINING WORKING MULTIPLE MUSCLE GROUPS. FOR ALL ABILITIES

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



SPIN/EXPRESS

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



LESMILLS VIRTUAL

RPM,SPRINT&TRIP

MUSCLE BEACH



MEET AT THE GYM DESK

CIRCUIT STYLE RESISTANCE TRAINING
30MIN,45MIN&60MIN WORKOUTS
USING WEIGHTS &GYM EQUIPMENT
FULLBODY WORKOUT TO IMPROVE
STRENGTH & CONDITONING

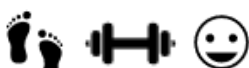
POOL

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!

BEACHBOOTCAMP

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 FOCUSSED 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