

CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYPUMP®	45-60 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BODYCOMBAT®	30 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
FREESTYLE	30-45 minutes	Cardio & Resistance	Moderate	A dynamic freestyle group fitness class that varies in style, from strength and cardio to circuits, HIIT, EMOM, and more.
HIIT CARDIO	30 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.
HIIT POWER	45-55 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.
PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Pilates increases flexibility, builds strength, develops control and improves endurance throughout the whole body. It places emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
RPM®	30-45 minutes	Indoor Cycling	Moderate to High	A journey of hills, sprints and flat riding where you control the intensity – Fun low impact exercise.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – The free wellness program for all residents over 50.
SHAPES™	45 minutes	Strength & Sculpting	Moderate	A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.
STRENGTH DEVELOPMENT™	45 minutes	Strength & Conditioning	Moderate	A new strength training program from Les Mills based on strength and conditioning science comprised of 12 workouts completed in sequence to effectively maximise gains.
SPIN	30 minutes	Indoor Cycling	High	Freestyle Cycling HIIT workout which simulates riding across different terrains.
SUPERSETS+	45-55 minutes	Strength & Conditioning	Moderate to High	Strength based training with a core workout at the end for a balanced and effective full-body workout.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.
YIN YOGA	75 minutes	Mind & Body	Low	Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body for improved flexibility and relaxation.

GROUP FITNESS TIMETABLE

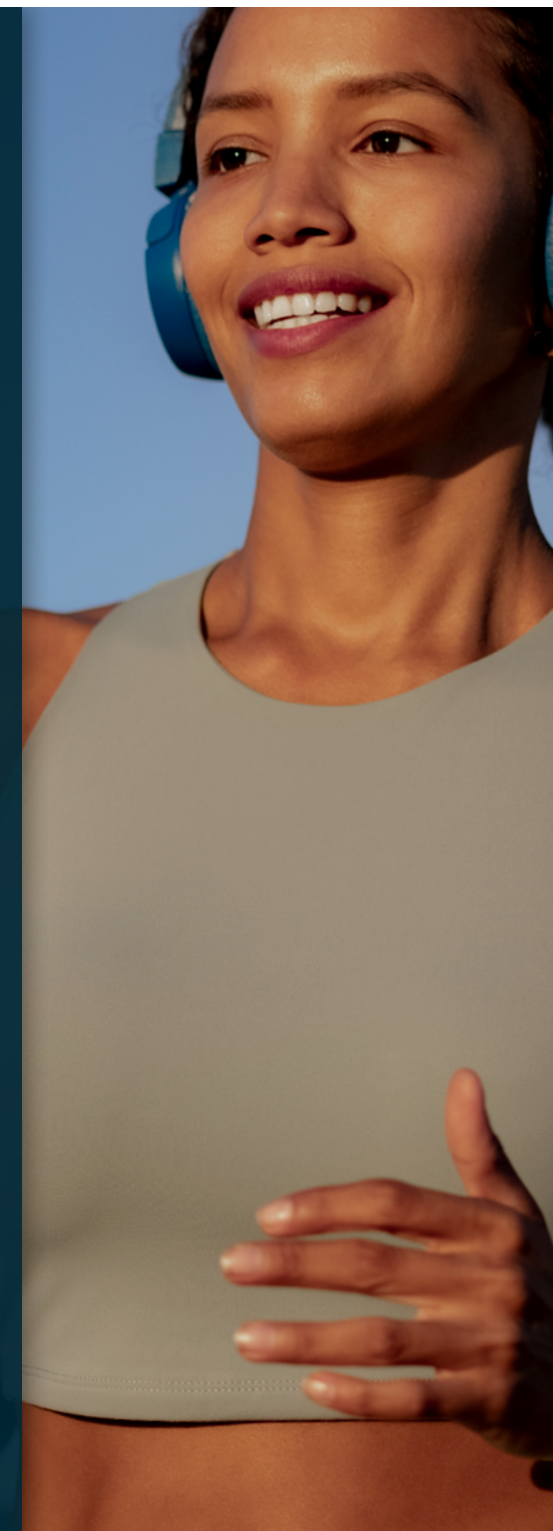
v1.4.21 March-April

CRÈCHE NEW HOURS

Crèche will be reopening on Monday, 17 March! Though crèche times and capacities will be a bit different for a few weeks while we recruit more crèche staff – See next page for more info.

BOOKINGS PROCESS

When bookings open up, you'll notice a few changes to how you book in your children online! It should be pretty straight forward, but if you encounter any difficulties, we're always happy to help!











GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

 30 Minute Express Class

 Reserved Session

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am						LES MILLS BODYPUMP	
9:00am	Strength Development	LES MILLS SHAPES	HIITPOWER	SUPERSETS+	HIITCARDIO		
9:30am							
9:40am			 LES MILLS SHAPES		 LES MILLS SHAPES		
10:00am							YOGA
10:15am	 SALT	 CORPORATE fitness 60			 SALT		
11:00am							
12:00pm							
2:30pm							
4:30pm	LES MILLS BODYCOMBAT	Strength Development	BOXING	FREESTYLE	HIITPOWER		
5:15pm							
5:30pm	LES MILLS SHAPES			SPIN			
5:45pm		HIITCARDIO					
6:15pm			LES MILLS BODYPUMP				
6:30pm							
7:00pm							

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:45-10:15am	-	8:15-9:45am
Session 2	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	-	9:45-11:15am
Session 3	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	-	4:15-5:45pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at fitns.me/text