

BOX & BURN

A high energy class focusing on boxing technique and strength drills

PILATES

Emphasis's the balanced development of the body through efficient movement.

YOGA

Yoga is the best known as a spiritual, mental and physical discipline that originated from India

SPINNING

The ultimate original indoor cycling experience

SPUMP

The best of both worlds – combination of cardio and weights

Y-GOLD

Light Aerobic gym class to improve your fitness and strength

ZUMBA

Join the Party. Latin hypnotic Latin rhythms and easy to follow moves.

AQUA ZUMBA

Known as the Zumba "pool party". This class will have you stretching, twisting and shouting.

Fit N 30

A circuit or Bootcamp style class that incorporates fun and games into your workout.

CORE POWER

This is a short workout that focuses on your core muscles to improve strength.

AQUA ENERGY

A fun and empowering based class that increases your energy levels while improving your fitness

Y-ACTIVE KIDS

Let's get the kids active. 30 min based circuit that works on kid's motor skills and movement patterns.

XPRESS SPIN

30 minutes cardio session

XPRESS MUSCLE MAX

30 minute weight session.

ABS BLAST

Let a trainer take you through a 10 minutes abs session before or after you start your workout!

BOOTCAMP*

60 mins of a high intensity workout. Time to challenge yourself.
*extra charge for this class



GROUP

EXERCISE

TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5.40am Abs Blast Obed 6.00am Fit n 30 Obed	6.00am Box & Burn Richard	6.00am-Bootcamp *Richard 6.00am Spinning Sarah 6.00am Xpress Muscle Max (gym) – Rishi	6.00am Box n Burn Richard	6.00am-Bootcamp* Richard 6.00am Spinning Emma 6.00am Xpress Muscle Max (gym)- Obed		
MidMorning	9.30am Xpress Muscle Max Obed 10.00am Abs Blast Obed	9.30am SPUMP Emma 10.00am – Aqua Energy Ozen	9.30am Yoga Kirsty	9.30am Fit n 30 Richard	9.30am Xpress Muscle Max Obed 10.00am Aqua Energy Ben	8.30am Spinning Frances 9.00am Fit n 30 Obed	10.00am Parent and child boxing Richard
Afternoon					5.00pm Fit n 30 Rishi	4.00pm – Fit n 30 Adam (tunnel)	
Evening	5.30pm Xpress Spin (30mins) Fiona 6.00pm Xpress Muscle Max (30mins) Fiona 6.50pm Abs Blast Adam (gym floor)	5.30pm Fit n 30 Greg (Tunnel) 6.00pm Spinning Sarah 6.00pm Fit n 30 Greg (Tunnel)	5.30pm Core & Glute Adam (Tunnel) 6.00pm Xpress Spin (30mins) Emma 6.30pm Xpress Muscle Max (30mins) Emma	5.30pm Fit n 30 Fitness Trainer (Tunnel) 6.00pm Spinning	5.50pm Abs Blast Rishi		5.30pm Fit n 30 Greg
Late Evening	6.30pm Yoga Kirsty	7.00pm Pilates Olga	7.00pm Zumba Olga	6.50pm Yoga Kirsty 7.45pm Aqua Zumba Linda			

*Extra Charge for this class - \$15 per person