

BOX & BURN

A high energy class focusing on boxing technique and strength drills

MUSCLE SCULPT

A variety of weight bearing and body weight exercises to sculpt your body shape.

PILATES

Emphasises the balanced development of the body through efficient movement.

HALF & ½

Hybrid Spin class combining different forms of training for a whole body experience.

SPINNING

The ultimate original indoor cycling experience.

YOGA

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

JUMPSTART

is a 10-week exercise & lifestyle programme for people with Diabetes

NEVER2OLD

Programme designed for our senior members - full of fun. All levels welcome.

TAI CHI

Focuses on gentle, flowing movements to cultivate the link between you mind & body.

BLASTHT

Bootcamp Training 6-wk course that challenges all fitness levels. *\$6 per session

CORE POWER

Incorporating core and functional training techniques for an effective 30min class.

DANCE with JAI

Fusion of Jazz dance style including cardio, flexibility and movement.

LUNCH RUN

Join like-minded runners in a social run group designed for beginner to intermediate

TABATA

A form of High Intensity Interval Training that increases your metabolic rate.

XPRESS-FIT

A high energy 30min workout that makes you feel alive and is perfect for fat burning.

GROUP EXERCISE

TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6:15am Half & 1/2	6:15am Spinning 6:15am Box & Burn	6:15am Yoga 6:30am BlastHT	6:00am Spinning	6:30am BlastHT		
Morning	7:00am Core Power	7:15am XPRESS Pilates 8:00am Jumpstart	8:00am Jumpstart	7:00am Core Power 8:00am Jumpstart	7:15am XPRESS Pilates	8:30am Yoga	
Mid Morning	9:15am-11:30am Never2old 9:15am Pilates (Intermediate) 10:30am Pilates (Beginner)	8:30am XPRESS-Fit 9:30am Tai Chi	9:15am-11:30am Never2old	8:30am XPRESS-Fit 9:30am Tai Chi	9:15am-11:30am Never2old	10:30am Jumpstart	
Lunch	12:15pm Muscle Sculpt 12:15pm Lunch Run	12:15pm Spinning	12:15pm PowerPlay 12:15pm Lunch Run	12:15pm Muscle Sculpt	12:15pm Tabata 12:15pm Lunch Run		
Afternoon	5:15pm XPRESS-Fit		5:15pm XPRESS-Fit		5:15pm XPRESS-Fit		3:00pm Half & 1/2
Evening	5:30pm Box & Burn 6:00pm Yoga	6:00pm BlastHT 6:00pm Yoga	5:30pm Box & Burn 6:00pm Jumpstart	6:00pm BlastHT 6:00pm Dance with Jai			