CLASS DESCRIPTIONS

RPM®
RPM is a group indoor cycling workout which is fun, low impact and burns calories. Our Instructor takes you on a journey of flat riding, hill climbs, and sprints where you repeatedly reach your cardio peak then ease back down with the group to lift your personal performance and cardio fitness. You control your own resistance levels and speed so the intensity builds up your fitness level over time.

BODYPUMP®
The ORIGINAL BARBELL CLASS™ for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a total body workout. Your Instructor will coach you through the correct moves and techniques – helping you achieve much more than working out on your own.

SPRINT®
SPRINT is a 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. You combine bursts of intensity, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

BODYCOMBAT®
BODYCOMBAT is a high-energy martial arts-inspired workout, where you'll punch and kick your way to fitness. It's totally non-contact and your Instructor will challenge you to build up the intensity and motivate you to make the most of every round. Variations in the moves help everyone to work at their own level. COMBAT works your entire body and provides phenomenal core training.

GRIT® STRENGTH
GRIT STRENGTH is a 30 minute High Intensity Interval Training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all the major muscle groups with the instructor on the floor and leading the way.

BODYSTEP
BODYSTEP is a full-body cardio workout that will really tone your butt and thighs. Basic stepping and walking is at the heart of a BODYSTEP class so you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combined with burpees, push-ups and weight plate exercises the result is a fun, uplifting, full-body workout!

BODYATTACK®
BODYATTACK is a high energy fitness class with moves that cater for total beginners to total addicts combining athletic movements such as running, lunging and jumping, with strength exercises like pushups and squats. Your Instructor will lead you through the workout helping you to burn loads of calories and leaving you with a sense of achievement as you build stamina, coordination and agility.

BODYBALANCE®
BODYBALANCE is a yoga-based class that will improve your mind, your body and your life – and is ideal for anyone and everyone. An inspired soundtrack plays as you bend and stretch through a series of simple Yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and your Instructors will always provide options for those just getting started. Strengthen your entire body, improve flexibility, and increase core strength, while you reduce stress levels.

REFORMER
Reformer is a low-impact, full-body workout using specialized machines to build strength, flexibility, and balance. This class targets core stability, muscle tone, and endurance through controlled movements, suitable for all fitness levels. Perfect for improving posture, flexibility, and overall strength with a focus on mindful movement.

CORE®
CORE is a science-based workout inspired by elite athletic training principles to make you stronger and assist with balance and injury prevention. Working on your body's foundation you'll build strength, stability and endurance in the muscles that support your core, while working with resistance tubes and weight plates, as well as bodyweight exercises such as crunches and hovers.

ZUMBA
ZUMBA is the ultimate combination of music and dance. While you'll be too busy dancing it's good to know that you'll be getting a killer workout and burning calories while you're at it. ZUMBA is a fun loving, insanely addictive dance workout but importantly all you need is a playful attitude and a cheeky smile – no previous dance experience required here!

YOGA
YOGA is a mind and body practice. Classes combine physical poses with a wide range of contemplative and self disciplinary practices, such as meditation, mantra, prayer, breath work and relaxation to promote mental and physical well-being, and improve your strength, balance and flexibility.

FUNCTIONAL FIT
FUNCTIONAL FIT is a circuit inspired class that will challenge you and improve both mind and body strength. By keeping things simple but intense and challenging, your Instructor will guide you to build your fitness using a variety of strength equipment and bodyweight exercises.

BOXING
BOXING is packed with effort, fun, and calorie burning! The class is a mix of exercise activity and boxing to deliver a 45 minute cardio circuit to improve overall fitness – develop strength, endurance, balance, coordination, flexibility, power and core stability.

GROUP FITNESS STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM	LesMills GRIT 30	BOXING 60	LesMills BODYPUMP 60	LesMills GRIT 30	LesMills BODYPUMP 60		
6.30 AM						BOXING FUNCTIONAL FIT	
7.00 AM							LesMills GRIT 30
7.30 AM						LesMills BODYCOMBAT 60	
8.30 AM						LesMills GRIT 30	LesMills BODYATTACK 60
9.30 AM	LesMills BODYPUMP 60	ZUMBA 60	LesMills BODYCOMBAT 60	LesMills BODYPUMP 60	LesMills BODYCOMBAT 60	LesMills BODYPUMP 60	LesMills BODYPUMP 60
10.00 AM							
10.30 AM	FUNCTIONAL FIT 45		FUNCTIONAL FIT 45	YOGA 60	FUNCTIONAL FIT 45	ZUMBA 60	
4.30 PM		LesMills BODYCOMBAT 60					LesMills BODYCOMBAT 60
4.45 PM	LesMills BODYSTEP 45			LesMills BODYSTEP 45	LesMills BODYCOMBAT 45		
5.30 PM	LesMills BODYATTACK 60	LesMills BODYPUMP 60	LesMills BODYATTACK 60	LesMills BODYCOMBAT 60	LesMills BODYPUMP 60		
6.30 PM	LesMills BODYPUMP 60	LesMills BODYATTACK 60	LesMills BODYCOMBAT 60	LesMills BODYPUMP 60	ZUMBA 60		
7.30 PM	LesMills BODYCOMBAT 60		LesMills BODYPUMP 60	ZUMBA 60			

STUDIO 2

	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM							
6.00 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
8.00 AM						REFORMER	REFORMER
8.30 AM				REFORMER			
9.30 AM	REFORMER	REFORMER	REFORMER		REFORMER		
10.00 AM				REFORMER			
10.30 AM	REFORMER	REFORMER	REFORMER		REFORMER	REFORMER	REFORMER
5.30 PM					REFORMER		
6.00 PM			REFORMER				
6.30 PM	REFORMER	REFORMER		REFORMER	REFORMER		
7.00 PM			REFORMER				
7.30 PM	REFORMER	REFORMER		REFORMER			

STUDIO 3

	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM		LesMills RPM 45		LesMills RPM 45			
7.30 AM							LesMills RPM 45
9.00 AM						LesMills sprint 30	
5.30 PM	LesMills sprint 30	LesMills sprint 30					
6.30 PM	LesMills RPM 45		LesMills RPM 45				