

Group Exercise Timetable

Live Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SELCIUS FTS 6:00AM - 6:45AM	SELCIUS FTS 6:00AM - 6:45AM	LES MILLS RPM CS 6:00AM - 6:45AM	LES MILLS BODYATTACK GF1 6:00AM - 6:45AM	LES MILLS BODYBALANCE WS 6:00AM - 6:45AM	LES MILLS BODYATTACK GF1 8:25AM - 9:10AM	
LITE PACE FITNESS WS 9:00AM - 9:45AM		LES MILLS CORE GF1 7:00AM - 7:30AM		LES MILLS CORE GF1 6:50AM - 7:20AM		
LES MILLS BODYPUMP GF1 9:45AM - 10:30AM		LITE PACE FITNESS FTS 9:00AM - 9:45AM				
	LES MILLS BODYBALANCE WS 7:45AM - 8:30AM		LITE PACE FITNESS WS 9:00AM - 9:45AM		LES MILLS BODYPUMP GF1 9:20AM - 10:05AM	
LES MILLS BODYBALANCE WS 10:35AM - 11:30AM	PILATES WS 9:00AM - 9:45AM	LES MILLS BODYBALANCE WS 9:45AM - 10:30AM	ZUMBA GF1 9:45AM - 10:30AM	YIN YOGA WS 10:35AM - 11:35AM		
			YOGA WS 10:35AM - 11:35AM	SELCIUS FTS 6:00PM - 6:45PM		
LES MILLS CORE GF1 5:00PM - 5:30PM	YOGA WS 10:20AM - 11:20AM	LES MILLS BODYBALANCE WS 5:00PM - 5:45PM				
LES MILLS BODYPUMP GF1 5:35PM - 6:20PM	LES MILLS CORE GF1 6:00PM - 6:30PM	SELCIUS FTS 5:00PM - 5:45PM	LES MILLS BODYATTACK GF1 6:00PM - 6:45PM			
	LES MILLS BODYATTACK GF1 6:35PM - 7:20PM	LES MILLS BODYPUMP GF1 6:00PM - 6:45PM	LES MILLS BODYPUMP GF1 6:50PM - 7:35PM			
YOGA WS 6:30PM - 7:30PM						
		LES MILLS CORE GF1 6:50PM - 7:20PM	YOGA WS 7:30PM - 8:30PM			

SELcius starts Feb 10 - alternates between NPAC and Oasis - Friday 6pm Class only

Group Fitness Room Guide

Please see top right hand corner of class for location

- GF1** - Group Fitness 1
- WS** - Wellness Studio
- CS** - Cycle Studio
- FTS** - Functional Training Studio

RS - Reformer Studio - Timetable below

Group Exercise Timetable

Room: **RS** – Reformer Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER PILATES 9:45AM – 10:45AM	REFORMER PILATES 6:30AM – 7:30AM	REFORMER PILATES 6:00AM – 7:00AM	REFORMER PILATES 6:30AM – 7:30AM	REFORMER PILATES 9:30AM – 10:30AM	REFORMER PILATES 8:30AM – 9:30AM	
REFORMER PILATES 10:45AM – 11:45AM	REFORMER PILATES 7:30AM – 8:30AM	REFORMER PILATES 7:00AM – 8:00AM	REFORMER PILATES 7:30AM – 8:30AM	REFORMER PILATES 10:30AM – 11:30AM	REFORMER PILATES 9:30AM – 10:30AM	
REFORMER PILATES 6:00PM – 7:00PM	REFORMER PILATES 10:00AM – 11:00AM	REFORMER PILATES 9:30AM – 10:30AM	REFORMER PILATES 6:00PM – 7:00PM			
REFORMER PILATES 7:00PM – 8:00PM		REFORMER PILATES 10:30AM – 11:30AM	REFORMER PILATES 7:00PM – 8:00PM			
		REFORMER PILATES 6:00PM – 7:00PM				
		REFORMER PILATES 7:00PM – 8:00PM				

AQUA FIT

A low-joint impact class in shallow water for all fitness levels. Exercises are designed to increase your heart rate and strengthen your abdominals, buttocks and thighs. Low impact and medium intensity.

AQUA MOVERS

Designed for individuals of all levels of ability and mobility aged 50 years and over. 'Aqua Movers' is a simple water based exercise class.

LES MILLS BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A

stronger core makes you better at all things you do – it's the glue that holds everything together.

LITE PACE FITNESS

Suitable for beginners or those wanting a light-paced workout, Lite Pace provides the foundation to build aerobic fitness and muscle conditioning. This is a popular class among women returning to exercise, those wanting to learn exercise technique, and improve overall health and fitness in a slower setting.

PILATES

Mat Pilates is a Pilates training practice that can be done on a mat. In this class, you hold movements like planks, side planks, and core exercises to build your muscle groups and core strength

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

YIN YOGA

Yin Yoga is a quiet contemplative practice. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

YOGA

This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

ZUMBA

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

VIRTUAL CLASSES - COMING SOON

LES MILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit – fast.

LES MILLS CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.