

Zumba- Mixes low-intensity and high-intensity moves for a calorie-burning dance fitness party. Once the Latin rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Spin- A cardiovascular, butt-kicking workout that takes you on a stationary but sweaty ride of your life which includes a variety of intensities, sprints, hill climbs, and endurance rides. No coordination needed!

Fusion- A Class designed around the instructors. We give our instructors the freedom to create a class with their own influence. Take a dive and join into fusion! (Possible Styles include HIIT, BOXFIT/ YOGA)

Aerobics- Pure aerobics designed to get you working hard and improve fitness

Body Sculpt- A class to hit every area of the body in 45 minutes, can include equipment

Bums And Tums- A conditioning class that's focused on bums and tums.

Step/ Step and Tone- A high impact choreographed workout. Not for the faint hearted.

Pilates- a series of controlled exercised that engage and condition the entire body. Pilates blends strength and flexibility training to improve posture with a focus on core strength.

Fitness Pilates- Energising and challenging but still working with the techniques of the Pilates method.

Yoga- An energising yet relaxing class using postures and flows to increase strength and flexibility.

Fitness Yoga- A challenging yoga class focussed on building stamina and strength through classic yoga postures and dynamic flow.

Circuit & Power plate- Intense workout for total body training using resistance and body weight exercises. No coordination necessary.

Core- Build a strong midsection and keep your back healthy with this short and simple crunch-free class.

*Please note, for short classes, of 30 minutes or less, we recommend arriving early for a personal warm up in the gym.

Please arrive 10 minutes in advance of the class start time to, reserve places will be given away 5 minutes prior to the class commencing.

Class Timetable

New 2018

*Please note all classes are subject to change and cancellation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBICS 9:30-10:30AM	ZUMBA 9:30-10:15AM	BODYSculPT 9:10-9:55AM	ZUMBA 9:30-10:15AM	CIRCUIT 9:10-9:55AM	SPIN 9:10-9:55AM	FUSION 9:30-10:30AM
STEP AND TONE 10:30-11:15AM	BUMS AND TUMS 10:15-11:00AM	SPIN 10:00-10:45AM	PILATES 10:30-11:30AM	SPIN 10:00-10:45AM	CORE 10:00-10:20AM	SPIN 10:35-11:20AM
POWERPLATE 11:15-11:45AM	POWERPLATE 11:00-11:30AM	PILATES 11:30-12:30AM	POWERPLATE 11:30AM-12:00PM	POWERPLATE 10:30-11:00AM	EXPRESS STEP 10:30-11:00AM	POWERPLATE 11:30AM-12PM
	YOGA 11:30-12:30AM			FITNESS YOGA 11:00 – 11:45AM	POWERPLATE 11:00-11:30AM	
EXPRESS SPIN 1:00-1:30PM			EXPRESS SPIN 1:00-1:30PM		PILATES 11:30AM-12:15PM	
		EXPRESS CIRCUIT 6:00-6:25PM				
SPIN 6:00-6:45PM	FUSION 5:45-6:45PM	POWERPLATE 6:30-7:00PM		FUSION 5:45PM-6:30PM		
POWERPLATE 6:00-6:30PM	POWERPLATE 6:00-6:30PM	PILATES 6:30-7:30PM	YOGA 6:00-6:45PM			
FUSION 6:50-7:50PM	SPIN 6:50-7:35PM	FUSION 7:45-8:45PM	SPIN 6:50-7:35PM			



- AEROBIC
- SPIN
- CIRCUIT
- HOLISTIC
- HI- ENERGY