

Group Fitness Timetable

Semester 1, 2017*

Start time	Monday	Tuesday	Wednesday	Thursday
6.45am	Boxing			
9am		Gentle Exercise		
12:30pm		Yoga		Body Pump
5:15pm	Body Pump	Boxing	Cycling	Yoga
6:15pm		Yoga		Cycling

* Timetable valid from 30 January 2017 to 26 May 2017

Body pump

Want results, fast? This original barbell class strengthens your entire body, challenging all your major muscle groups by using the best weight-room exercises such as squats, presses, lifts, and curls.

Boxing

Learning how to throw a punch is a great way to reduce stress! This high-intensity class improves cardio fitness, muscular endurance, speed and coordination.

Cycling




This high-intensity class uses stationary bikes. Have fun while increasing your cardio fitness, burning fat and toning your body.

Gentle exercise

This class is a modified strength and conditioning work-out designed to improve your strength, bone density and posture using Therabands, foam rollers and Swiss balls.

Yoga

Increase mental and physical awareness through poses, stretching exercises and emphasis on breathing. It will balance and condition the body while increasing your endurance and stamina.

Key	
	Les Mills
	Cardio and strength
	Wellness