

GROUP FITNESS TIMETABLE

GROUP FITNESS ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM	TEAMBEATS 30	BOXING 45	LES MILLS BODYBALANCE 45	TEAMBEATS 30	BOXING 45		
8.30 AM		TEAMBEATS 30				LES MILLS BODYPUMP 55	
9.15 AM	LES MILLS BODYPUMP 55	meta PWR 30	TEAMBEATS 30	meta fit HIIT TRAINING 30	LES MILLS BODYPUMP 55	TEAMBEATS 30	
9.30 AM							
9.45 AM		LES MILLS BODYBALANCE 45					
10.00 AM	TEAMBEATS 30		YOGA 60	LES MILLS BODYPUMP 30		YOGA 60	
10.35 AM	LES MILLS BODYATTACK 45	LES MILLS SH'BAM 45			LES MILLS BODYBALANCE 55		
4.00 PM		LES MILLS BODYCOMBAT 30	TEAMBEATS 30				LES MILLS BODYBALANCE 55
5.15 PM	HITSTEP 30		meta fit HIIT TRAINING 30	meta PWR 30	TEAMBEATS 30		
5.30 PM		meta PWR 30			LES MILLS BODYBALANCE 55		
5.45 PM	LES MILLS BODYPUMP 45		BOXING 45	LES MILLS BODYPUMP 45			
6.00 PM		LES MILLS BODYBALANCE 55			TEAMBEATS 30		
6.30 PM	LES MILLS BODYBALANCE 45	TEAMBEATS 30	LES MILLS BODYBALANCE 55	LES MILLS BODYATTACK 45			

CYCLE ROOM

6.00 AM					LES MILLS RPM 45		
8.30 AM						LES MILLS RPM 45	
9.15 AM			LES MILLS RPM 45				
5.30 PM	LES MILLS RPM 45		LES MILLS RPM 45				



SYMBOL REPRESENTS VIRTUAL CLASS
 60 MINUTE CLASS 55 MINUTE CLASS 45 MINUTE CLASS 30 MINUTE CLASS
 TEAMBEATS CLASSES ARE HELD IN FUNCTIONAL TRAINING AREA OF GYM

CENTRE OPENING HOURS

MONDAY – FRIDAY 5.00AM - 9.00PM
SATURDAY – SUNDAY - 7.00AM - 7.00PM

AQUATICS OPENING HOURS

MONDAY–FRIDAY 5.45AM - 8.00PM
SATURDAY - SUNDAY 7.00AM - 7.00PM

CRECHE OPENING HOURS

MONDAY–THURSDAY 9.00AM - 12.00PM & 3.30PM - 6.30PM
FRIDAY 9.00AM - 12.00PM
SATURDAY 8.25AM - 11.25AM

LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for anyone looking to get lean, toned and fit – fast.

LES MILLS **BODYBALANCE**

BODYBALANCE™ ideal for anyone and everyone. It is the yoga-based class that will improve your mind, your body and your life

LES MILLS **RPM**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories.

YOGA

YOGA is ideal to wind down and work your flexibility and strength. Focus on breathing while working through postures and sun salutations to keep you calm and centred.

TEAMBEATS

TEAMBEATS - Improve your functional fitness through guided strength and cardio moves using heart rate training to bring out your best find us in the functional training area of the gym

STRENGTH

Get ready for an effective full body strength training workout utilizing a variety of equipment and options for everyone.

metafit™ HIIT TRAINING

METAFIT keeps things simple, coach-led and technique-focused, it's a military-inspired workout that sticks to the true principles of HIIT.

metaPWR

MetaPWR classes help you build muscle, burn fat and improve your overall fitness with power circuit classes designed specifically to boost your metabolism.

HIITSTEP

HIITSTEP is a new innovative 30 minute HIIT exercise class using only bodyweight and a step.

BOXING

You'll cover padwork, boxing drills, cardio and core for a high energy workout that will get you strong and blast those calories.

LES MILLS **VIRTUAL**

Can't always make it to your favourite class? Virtual classes are exciting, cinematic-quality versions of live classes, with world class instructors - on demand, ready when you are.

LES MILLS **BODYCOMBAT**

Power your way to total fitness with this martial arts inspired workout.

LES MILLS **SH'BAM**

Leave your inhibitions at the door and get set to party with this insanely addictive dance workout.

LES MILLS **BODYATTACK**

The high energy fitness class that combines athletic movements with strength exercises.

LES MILLS **GRIT**

HIIT workouts, scientifically designed to deliver results through intense athletic training

BEFORE YOUR CLASS:

- **BOOK IN** online or collect your ticket from reception prior to class
- **ARRIVE EARLY** at least 5-10 minutes early to set up any equipment
- **ANY INJURIES OR MODIFICATIONS?** Let the instructor know if there are any injuries or conditions they may need to be aware of
- **NO LATE ENTRIES** for the safety and comfort of all participants (and yourself) there are no late entries allowed into classes
- **BRING A TOWEL & WATER BOTTLE** Training towels must be used on equipment. Stay hydrated for maximum performance
- **TEEN MEMBERS** - Can attend group fitness classes with the exception of BODYPUMP and RPM - Must be 16+ to attend these classes
- **LES MILLS VIRTUAL** - is available at any time with the exception of when a live or programmed virtual class is scheduled

FIND US AT:

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