

# GROUP FITNESS TIMETABLE

## GROUP FITNESS ROOM

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

## CYCLE ROOM

6.00 AM					LES MILLS <b>RPM</b> 45		
8.30 AM						LES MILLS <b>RPM</b> 45	
9.15 AM			LES MILLS <b>RPM</b> 45				
5.30 PM	LES MILLS <b>RPM</b> 45		LES MILLS <b>RPM</b> 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 - 8.00AM - 6.00PM

## AQUATICS OPENING HOURS

MONDAY–FRIDAY 5.45AM - 8.00PM  
SATURDAY - SUNDAY 8.00AM - 6.00PM

## 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

### 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:

99 JOHNSTON STREET, SOMERVILLE, WA  
9021 0900  
oasis@goldfieldsoasis.com.au  
www.goldfieldsoasis.com.au