GROUP FITNESS TIMETABLE THURSDAY TIME **TUESDAY MONDAY SUNDAY FRIDAY** SATURDAY LESMILLS BODYBALANCE 45 TEAMBEATS 30 **BOXING** 6.00 AM TEAMBEATS 30 **BOXING** TEAMBEATS 30 TEAMBEATS 30 LESMILLS 8.30 AM RODYPIIMP 55 LESMILLS BODYPUMP 55 metafit 30 LesMills 9.15 AM TEAMBEATS 30 meta PWR 30 TEAMBEATS 30 TEAMBEATS 30 9.30 AM LesMills 9.45 AM **BODYBALANCE** 45 10.00 AM YOGA O SH'BAM TEAMBEATS 30 YOGA 45 60 O SH'BAM 10.35 AM 45 D LESMILLS RODYRAL MCF 55 TEAMBEATS 30 O BODYCOMBAT 30 4.00 PM BODYBALANCE 55 meta PWR 5.15 PM TEAMBEATS 30 HIITSTEP meta PWR 30 LesMills 5.30 PM **BODYBALANCE** 55 LESMILLS 5.45 PM **BOXING** Lesmills **BODYPUMP** 45 RODYPUMP 45 TEAMBEATS 30 6.00 PM LesMills **BODYBALANCE** 55 TEAMBEATS 30 6.30 PM LesMills LesMills 6.00 AM 45 LesMills 8.30 AM 45 LesMills 9.15 AM GOLDFIELDS 45 RPM



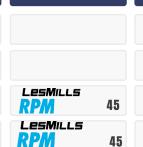
JUP FITNES

5.30 PM



















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



LesMILLS BODYPUMP

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

LesMills BODYBALANCE

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

LESMILLS 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.

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

meta > w R

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.

O 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.

D LESMILLS BODYCOMBAT

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

SH'BAM

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

DLESMILLS BODYATTACK

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

O 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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