


# GROUP FITNESS TIMETABLE

## GROUP FITNESS ROOM

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

## 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.

### LES MILLS **CORE**

CORE will build strength, stability and endurance in the muscles that support your core, improve your balance, assist injury prevention and become better at everything you do.

### **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.

### 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.

### 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

### 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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