# GROUP FITNESS TIMETABLE

**Effective 15th November 2021**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00pm</td>
<td>HIIT</td>
<td><em>LesMills BODYPUMP</em></td>
<td><em>LesMills BODYATTACK</em></td>
<td>SPIN</td>
<td><em>LesMills BODYPUMP</em></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Yoga</td>
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<tr>
<td>1:00pm</td>
<td>Yoga</td>
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<tr>
<td>5:00pm</td>
<td><em>ATB</em></td>
<td><em>CORE</em></td>
<td><em>Cross punch</em></td>
<td></td>
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<tr>
<td>5:15pm</td>
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<td></td>
<td></td>
<td><em>Yoga</em></td>
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<tr>
<td>5:35pm</td>
<td></td>
<td></td>
<td><em>HIIT</em></td>
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</tbody>
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*Figure in the right hand corner indicates length of class in minutes*

*Please head to our website to book into sessions 90 minutes prior*

**Operating Hours**

- **Fob Access (Monday - Sunday)** 5:30am - 10:00pm
- **Staffed Hours (Monday - Friday)** 9:00am - 6:00pm
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CLASS DESCRIPTIONS

ATB
(Abs, Thighs and Butts) this 30min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels

BODY ATTACK
This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

BODY PUMP
This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

CORE
This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and “slings”connecting the upper and lower body. This workout will leave you looking good and feeling strong.

CROSS PUNCH
A boxing style class that involves traditional boxing and MMA combinations, suitable for all levels of fitness. For hygiene purposes all participants must wear cotton gloves during the class. Inners are available from reception for a minimal fee.

HIIT
High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

SPIN
Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on the hills, flats, mountain peaks, speed work and interval training to reach that endorphin high!

YOGA
Combines the traditional principles of Yoga with slow movements and stretching. Great for increasing flexibility and balance, relieving stress and promoting relaxation.

ZUU
A training style based around “primal pattern” body weight exercises. High intensity full body workouts with very specific sequences. Every workout targets all major and minor muscle groups while engaging both the anaerobic and aerobic systems.

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