# GROUP FITNESS TIMETABLE

**Effective 17th February**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15am</td>
<td><strong>LesMills BODYPUMP</strong> 45min</td>
<td><strong>LesMills BODYATTACK</strong> 45min</td>
<td><strong>Yoga</strong> 45min</td>
<td><strong>ATB</strong> 30min</td>
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<tr>
<td>10:00am</td>
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<tr>
<td>12:00pm</td>
<td><strong>Spin</strong> 30min</td>
<td><strong>LesMills BODYPUMP</strong> 45min</td>
<td><strong>LesMills CXWORX</strong> 30min</td>
<td><strong>Spin</strong> 30min</td>
<td><strong>LesMills BODYPUMP</strong> 30min</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td><strong>HIIT</strong> 30min</td>
<td><strong>LesMills BODYATTACK</strong> 30min</td>
<td><strong>Cross Punch</strong> 30min</td>
<td><strong>LesMills CXWORX</strong> 30min</td>
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<td></td>
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<tr>
<td>1:00pm</td>
<td><strong>Gentle Yoga</strong> 45min</td>
<td></td>
<td><strong>Yoga</strong> 45min</td>
<td></td>
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<tr>
<td>5:00pm</td>
<td><strong>ATB</strong> 30min</td>
<td><strong>Spin</strong> 30min</td>
<td><strong>LesMills BODYPUMP</strong> 30min</td>
<td><strong>LesMills BODYATTACK</strong> 30min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15pm</td>
<td><strong>Yoga</strong> 60min</td>
<td></td>
<td></td>
<td></td>
<td><strong>Yoga</strong> 50min</td>
<td></td>
</tr>
<tr>
<td>5:35pm</td>
<td><strong>ZUMBA</strong> 30min</td>
<td><strong>HIIT</strong> 30min</td>
<td><strong>ZUMBA</strong> 30min</td>
<td><strong>HIIT</strong> 30min</td>
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<tr>
<td>6:05pm</td>
<td><strong>Cross Punch</strong> 45min</td>
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</tbody>
</table>

*Please note that the figure in the right hand corner of the class box indicates length of class in minutes*

Please show your support for your favourite classes by attending regularly as those that consistently have low participation (<10 people) will be reconsidered for inclusion in future timetables.

## Launceston Centre Opening Hours

- **Monday - Friday**: 7:00am - 9:00pm
- **Saturday**: 9:00am - 1:00pm
- **Sunday**: 10:00am - 1:00pm
- **Public Holidays**: 12:00pm - 4:00pm


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!

**CROSSPUNCH**
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.**

**CROSSTRAIN**
This 45min class is all about variety! The format will change week to week, but it will always challenge you. Expect fun cardio to tough strength work, and even some moves from our other timetable classes. The variety involved will keep the body guessing.

**CX-WORX**
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.

**GENTLE YOGA**
An introduction to Yoga and stretching. It allows you to let go of any tension throughout the body which can help you recover from strength building workouts and to increase flexibility. This class will have minimal weight bearing on joints.

**HIIT**
High Intensity Interval Training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but include 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 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. The sessions are constructed into high intensity full body workouts which will improve strength and mobility.