

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am		<i>No excuses*</i>		<i>No excuses*</i>	
8.15am					
9.15am					
10.15am					
12.15pm					
5.00pm					
5.30pm					
5.45pm					
6.00pm					
6.30pm					
6.45pm					
7.00pm					

	SATURDAY	SUNDAY
8.00am		
8.30am		
9.00am		
9.30am		
10.00am		
11.00am		
11.15am		

RPM Studio

	MONDAY	TUESDAY	WEDNES.	THURSDAY	FRIDAY	SATURDAY
6.15am						
9.15am						
10.00am						
5.00pm						
6.00pm						

Class Descriptions

* indicates 45 minute class

** indicates ½ hour class

Body Pump – The original barbell class. Great music, great motivation and great moves that are easy to learn and coordinate. Real results, real fast! Suitable for beginners.

Fat Burner Circuit – Perfect for beginners and anyone wanting a good fat burning and muscle toning workout. One of the easiest ways to learn how to use weights safely and effectively.

Body Step – The worlds ultimate kick butt class using a height adjustable step for a high energy cardio and fat burning workout.

Body Attack – WOW this is a sports inspired, athletic program. Burns heaps of calories and gets you fit...real fast!

Body Balance – the 21st century blend of Yoga, Pilates and Tai Chi. This class will leave you feeling refreshed and renewed. Suitable for beginners.

CX Worx – The ultimate and intense 30 minute Core and Abs workout. This will tighten and strengthen your tummy, hips and butt. A full 360 degree body workout. For all Fitness levels.

No Excuses – A boot camp style circuit class. Set the day up for success.

Grit Strength – The most intense 30 minutes your body will ever experience. Using weights to create the intensity and cardio to elevate the heart rate.

Grit Cardio – Extremely high impact cardio workout that will take your body to the next level of fitness. If you want results you will find them here.

Grit Plyo – An intense workout that gets results fast. Combining the principles of plyometrics and power agility training. This 30 minute high intensity Interval training workout will build a powerful athletic body.

RPM – The best indoor cycling class where you ride to the rhythm of the powerful music. This is a HUGE calorie burner and great for all fitness levels.