

## GROUP FITNESS TIMETABLE

**Effective from: 26<sup>th</sup> February 2017**

389 Woolcock Street Garbutt, QLD, 4814 Ph: 07 4725 2424 Fax: 07 4775 4633

Operating Hours: Mon – Thurs 5am to 9pm

Friday -5am to 8pm

Saturday – 8am to 6pm Sunday -9am to 6pm

### STUDIO 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am						8:15am 	9:15am 
9:15am			 Express (45mins)				9:45am  Express (30mins)
10.15am			10:00am 	<b>WARM POWER YOGA</b>			10:15am 
4:30pm		 Athletic (45mins)					<b>ABS, BUTTS &amp; Bosu</b> 
5:30pm		 45mins		5:00pm  Express (30mins)			
6:30pm	6:00pm 			5:30pm 			
6:45pm	<b>YOGA</b>						

### STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am			<b>Tot Bebop</b> 3 to 4 yrs			8.15am <b>Kids Fit</b> 5yrs +	
10:15am					 45mins		
4.30pm	<b>Kickboxing KIDS</b> (5-14YRS)		<b>Kickboxing KIDS</b> (5-14YRS)				
5.30pm	<b>TAEKWON-DO</b>		5:15pm  <b>Kickboxing</b>	<b>TAEKWON-DO</b>			
6:30pm							

### STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am							
8:15am							
9:15am							
6:30pm							

## CLASS DESCRIPTIONS

Classes	Description
<b>BODY STEP</b>	An energizing step workout that makes you feel alive. Using a height adjustable step and simple movements on and over the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
<b>BODY COMBAT</b>	This interval training program is fiercely energetic and is inspired by mixed martial arts! Body Combat draws from karate, kung fu, boxing, taekwondo and muay thai to name a few. Supported by driving music, you will strike, punch, kick and kata your way through a lot of calories to superior cardio fitness.
<b>Spin</b>	Your 1 hour freestyle cycle class ...guaranteed to burn some serious calories!
<b>Spin H.I.I.T.</b>	30 minute High Intensity Interval Cycle Class.
<b>Spin Xpress</b>	A 45 minute high intensity spin class...Get in, get out!
<b>Spin +</b>	Spin with a little extra....this class goes for over an hour.
<b>BODY JAM</b>	BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and centre and get high on the feeling of dance.
<b>BODY ATTACK</b>	Sport- inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals- from the weekend athlete to the hard-core competitor!
<b>BODY PUMP</b>	The original Barbell class! Simple, yet effective non-impact class using barbells and weights to music
<b>Shockwave</b>	A high Intensity interval training, this circuit challenge uses unique water rower machine to provide short-burst, high-intensity, calorie burning intervals along with functional strength and sculpting
<b>Body Balance</b>	A sensational class combining Yoga, Pilates and Tai Chi....guaranteed to stretch out all those muscles and leave you calm and refreshed.
<b>Yoga</b>	Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing. Yoga has been used as a meditation technique for thousands of years.
<b>Warm Power Yoga</b>	Warm Power Yoga studio is 28-32 degrees. This means there is enough heat to warm your muscles and encourage sweat, but the lower temperature means we can bring more movement or 'flow' into the class.
<b>Grit</b>	If you want big results fast, then you need High Intensity Interval Training (HIIT). LES MILLS GRIT Training will push you to your max, and beyond. With 3 formats to choose from Strength, Plyo and Cardio. It's YOU VS YOU!
<b>Pilates</b>	A total body conditioning method... PILATES will increase your abdominal, hip and back strength and improve your posture.
<b>TAEKWON-DO</b>	A class that teaches self-defence while building confidence, fitness & strength. All levels of experience welcome (ages 7yo+). Come smash some wooden boards!
<b>Kickboxing</b>	If you are looking for a butt-kicking workout, Kickboxing is for you! In this class, not only will you learn correct technique, you'll sizzle your way through punches, kicks, knees, elbows & a range of toning exercises in a tough, total body workout. Suitable for both men & women of all skill & fitness levels, from beginners to the athlete, our instructor will challenge you every class. Be sure to give this one a go!
<b>Freestyle Step</b>	A step workout with passion. Focused on an athletic workout rather than complex choreography. Great music, powerful moves.

*Please try to arrive in plenty of time to begin your class. Class will begin promptly at the advertised times. Latecomers may be refused entry once a class has progressed past the warm up stages. Especially Body Pump due to setting up equipment.*

### Tot Bebop

For children aged between 3 – 4 yrs.

Encourages social interaction, focusing on concentration, skills, strength, hand-eye co-ordination, and having fun!

### Kids Fit

For children aged 5 yrs and above.

Encourages social interaction, strength, co-ordination, hand-eye movement, and physical activity in a fun and exciting environment!

### Kickboxing KIDS

For children aged 5 – 14yrs

Encourages social interaction, strength, co-ordination, hand-eye movement, and physical activity. Kids will learn correct basic technique. while working through & structured program in a controlled

### Crèche Timetable:

**Mon to Thurs:**            **8:00am-12:00pm**    and    **3:30pm-8:30pm**

**Friday:**                    **8:00am-12:00pm**    and    **3:30pm-7:30pm**

**Saturday:**                **8:00am-12:00pm**

**Sunday:**                    **9:00am-12:00pm**