

HEALTH & FITNESS WORLD																
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
EARLY		6AM - 45 - <b>RPM</b>		6AM - 30 - LMV GRIT STRENGTH		6AM - 30 - <b>SPRINT</b>		6AM - 45 - LMV BODYPUMP		6AM - 45 - <b>RPM</b>			8AM - 30 - <b>GRIT STRENGTH</b>		9AM - 45 - <b>RPM</b>	
		7AM - 45 - LMV BODYPUMP		635AM - 60 - LMV BODYCOMBAT		7AM - 45 - LMV BODYPUMP		645AM - 45 - LMV BODYCOMBAT		7AM - 45 - LMV BODYPUMP			840AM - 45 - <b>LM SHAPES</b>		9AM - 45 - LMV BODYCOMBAT	
MID MORNING		915AM - 45 - LMV BODYCOMBAT		915AM - 45 - <b>BODYPUMP</b>		915AM - 45 - LMV BODYCOMBAT		915AM - 45 - <b>BODYPUMP</b>		915AM - 30 - <b>LM SHAPES</b>			9AM - 30 - <b>RPM EXPRESS</b>		10AM - 60 - <b>BODYPUMP</b>	
		1015AM - 30 - <b>LM PILATES</b>		1030AM - 60 - <b>FIT FOR ALL</b>		10AM - 30 - <b>LM PILATES</b>		1030AM - 60 - <b>FIT FOR ALL</b>		1015AM - 45 - LMV YOGA			9AM - 60 - <b>BOXFIT</b>		1115AM - 60 - LMV BODYBALANCE	
		1045AM - 30 - <b>BODYBALANCE</b>				1030AM - 30 - <b>YOGA STRETCH</b>							935AM - 45 - <b>BODYPUMP</b>			
LUNCH		1215PM - 45 - <b>BODYPUMP</b>		1215PM - 30 - <b>GRIT CARDIO</b>		1215PM - 45 - <b>BODYPUMP</b>		1215PM - 30 - <b>SPRINT</b>		1215PM - 30 - <b>BODYPUMP</b>			1030AM - 60 - <b>BODYJAM</b>			
				1245PM - 15 - LMV BODYBALANCE				1215PM - 30 - LMV BODYCOMBAT		1245PM - 30 - LMV CORE			1130AM - 60 - <b>BODYBALANCE</b>			
								1245PM - 15 - LMV BODYBALANCE								
EVENING		5PM - 30 - <b>LM SHAPES</b>		515PM - 30 - <b>METAPWR</b>		5PM - 45 - <b>RPM</b>		5PM - 30 - <b>GRIT STRENGTH</b>		5PM - 30 - LMV BODYPUMP			HFW Instructors taking you through your paces in your favourite Class		INSTRUCTOR CLASS	
		5PM - 30 - <b>SPRINT</b>		530PM - 45 - <b>RPM</b>		5PM - 30 - <b>LM SHAPES</b>		535PM - 30 - <b>LM CORE</b>		530PM - 45 - LMV BODYCOMBAT			Les Mills Virtual Classes - selection on the timetable		LMV	
		530PM - 30 - <b>BODYPUMP</b>		545PM - 60 - <b>BODYJAM</b>		530PM - 30 - <b>GRIT CARDIO</b>		530PM - 30 - <b>RPM EXPRESS</b>					Les Mills On Demand - you choose your class, workout from 15-60 minutes		VIRTUAL ON DEMAND ☺	
		545PM - 30 - <b>BOXFIT</b>				6PM - 60 - <b>BODYPUMP</b>		610PM - 45 - LMV BODYCOMBAT					LMV ON DEMAND - AVAILABLE 24/07 BETWEEN LIVE INSTRUCTOR CLASSES			
		6PM - 30 - <b>LM PILATES</b>											CHECK & BOOK VIA GYMMASTER APP OR CALL THE CLUB 6331 3133			
GROUP FITNESS TIMETABLE - SEPTEMBER 2025																

CLASS DESCRIPTIONS		
	<b>FIT FOR ALL</b>	is a workout that improves strengt , balance and cardio, using bodyweight and a variety of equipment. Ideal for all ages & fitness level, a great social class
<b>STRENGTH</b>	<b>BODYPUMP</b>	is a weights class for absolutely everyone. This form of weight training will make you toned, lean & fit and shape your body, without adding bulky muscles. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a total body workout that burns lots of calories. This 30-45-60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.
	<b>GRIT STRENGTH</b>	is a workout that improves strength and builds lean muscle, uses barebell, weight plate and body weight exercises to blast all major muscle groups.
<b>CARDIO</b>	<b>BODYATTACK - Virtual</b>	is a high-energy fitness class with moves that caters for total beginners to our total addicts. Combined with athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves your functional fitness, that is fitness that you need for everyday life, this is the sports-inspired cardio workout for building strength and stamina, taught in 30 - 45 -60 minutes formats.
	<b>BODYJAM</b>	is the ultimate combination of music & culture, this is the cardio workout where you are free to enjoy the sensation of dance. BODYJAM is made up of: house - Hip Hop - Drum "n" Bass - Trap - all styles of EDM.
	<b>BODYCOMBAT - Virtual</b>	is a high energy martial arts inspired workout. You will learn how to punch, kick and strike your way to superior fitness & stength in the class. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu. You will be releasing stress, having a blast & feeling like a champion before you know it
	<b>RPM</b>	is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit in our 30 - 45 - 60 minute classes. Based on the sport of cycle racing, RPM uses a series of simulated climbs and flats, mountain peaks, time trials, and interval training to create a workout where you control the intensity.
	<b>BOXFIT</b>	choose your format 30 minutes for beginners or that little extra 45 minutes for intermediate or 1 hour for the hard core workout. This is a boxing circuit class will improve your muscle reflexes in both your upper and lower body with punches and kicks. It will shape and tone the shoulders and legs, while burning plenty of calories along the way
<b>FLEXIBILITY / CORE</b>	<b>LM CORE</b>	provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it is the glue that holds everything together. You are guided through correct technique as you work with resistance bands and weight plates, as well as body weight exercises like crunches and hovers, you will also do exercises including hip, butt and lower back exercises. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body.
	<b>LM SHAPES</b>	This program is 30 - 45 minutes, combines elements of Pilates, Barre & Power Yoga to create a low-impact yet intense workout. To improve strength, flexibility & balance while providing a full-body workout experience, appealing for those who enjoy mindful movement practices but still want to feel the burn of an effective workout.
	<b>LM PILATES</b>	A 30 - 45 minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss.
	<b>BODYBALANCE</b>	is a new yoga class for anyone and everyone. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Bending and stretching through safe & simpe yoga moves, a BODYBALANCE class blends elements of Tai Chi and Pilates to strengthen your entire body.
	<b>YOGA</b>	Yoga class is a 45-minute well-balanced class focused on moving the body along with the breath. It teaches the fundamentals of yoga, includes dynamic sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, and core work. This class helps de-stress, enhance your health and wellbeing, and build strength, flexibility, focus, balance and endurance, leaving you feeling centered, calm and relaxed.
<b>HIIT</b>	<b>METAPWR / METAFIT</b>	is a bodyweight & equipment high intensity workout adaptable for all fitness level and abilities. It is a metabolic workout using functional kit and exercises mixed with programmed timings and variations. Using equipment such as battle ropes, power bags, kettlebells, slam balls, sleds and plyo boxes in a fast-moving power circuit
	<b>SPRINT</b>	is a cycle workout built on the science of high-intensity interval training (HIIT). It's a quick and intense style of training that returns rapid results with minimal joint impact. In just 30-minutes SPRINT will challenge participants physical and mental limits. They'll push through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. The payoff is the calorie burn for hours after stepping off the bike
	<b>GRIT ATHLETIC</b>	is a workout, that will make you perform like an athlete, this workout uses a bench and combines explosive jumping exercises with agility trainig to build a powerful, lean and athletic body.
	<b>GRIT CARDIO</b>	is a workout, that will improve cardiovascular fitness, increase speed and maximise calorie burn, uses a variety of body weight exercises and provides the challenge and intensity to get results fast.