

## OPENING HOURS

|                 |                  |
|-----------------|------------------|
| Monday - Friday | 5:00am to 9:00pm |
| Saturday        | 7:00am to 5:00pm |
| Sunday          | 8:00am to 4:00pm |
| Public Holidays | 9:00am to 2:00pm |

## GROUP FITNESS TIMETABLE

Help save the environment and view our timetable online - [timeoufitness.com.au](http://timeoufitness.com.au)

| START TIME | MON                  | TUES            | WED                  | THUR             | FRI                  | SAT          | SUN |
|------------|----------------------|-----------------|----------------------|------------------|----------------------|--------------|-----|
| 6:00am     |                      | **              |                      |                  |                      |              |     |
|            |                      |                 |                      |                  |                      |              |     |
| 8:00am     |                      |                 |                      |                  |                      |              |     |
| 9:00am     |                      |                 | *                    | FULL BODY MEDLEY |                      |              |     |
|            |                      |                 |                      |                  |                      | SPIN CYCLING |     |
| 9:30am     |                      |                 | *                    |                  |                      |              |     |
| 10:00am    |                      |                 |                      |                  |                      | *            |     |
| 10:30am    | BE STRONG STAY YOUNG | SENIORS WEIGHTS | BE STRONG STAY YOUNG | SENIORS WEIGHTS  | BE STRONG STAY YOUNG |              |     |
| 11:00am    |                      |                 |                      |                  |                      |              |     |
| 11:30am    |                      |                 |                      |                  |                      |              |     |
| 12:15pm    | *                    | *               | *                    | *                | *                    |              |     |
| 1:15pm     | *                    | *               | *                    | *                | *                    |              |     |
| 4:00pm     |                      |                 |                      |                  |                      | *            |     |
| 4:45pm     | *                    | *               | *                    | *                | *                    |              |     |
| 5:30pm     | *                    | *               | *                    | *                | ** SPIN CYCLING      |              |     |
|            |                      |                 |                      |                  |                      |              |     |
| 6:00pm     |                      |                 |                      |                  |                      |              |     |
| 6:30pm     |                      |                 |                      | *                |                      |              |     |
| 7:00pm     |                      |                 |                      |                  |                      |              |     |
| 7:30pm     | *                    |                 |                      |                  |                      |              |     |



## CLASS DESCRIPTION

**BE STRONG, STAY YOUNG** is for our more-mature member we offer this non-impact full body workout. Incorporates, the Fit Ball, Rubber Bands, Step and a bit of Resistance training and weight bearing exercise.

**Fitness Level: ALL**

**Duration: 60min**

**BODYATTACK™** is the sports-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!

**Fitness Level: MEDIUM**

**Duration: 45/60min**

**BODYBALANCE™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. 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.

**Fitness Level: ALL**

**Duration: 45/60min**

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

**Fitness Level: ALL**

**Duration: 45/60min**

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

**Fitness Level: ALL**

**Duration: 45/60min**

**BODYSTEP™** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around 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.

**Fitness Level: ALL**

**Duration: 45/60min**

**BOXERCISE** is a high intensity full-body workout that will make you physically stronger as well as aerobically and anaerobically fitter. It is a complete workout for your cardiovascular and endurance systems as well as training upper body, lower body and core strength.

**Fitness Level: ALL**

**Duration: 45/60min**

**CXWORX™** Really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**Fitness Level: ALL**

**Duration: 30min**

**FULL BODY MEDLEY** is an energetic workout suitable for beginners or advanced participants. You will push, pull, squat and twist using resistance or just your body weight (no two workouts are the same).

**Fitness Level: ALL**

**Duration: 45/60min**

**PILATES** is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back.

**Fitness Level: ALL**

**Duration: 60min**

**RPM™** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

**Fitness Level: ALL**

**Duration: 50/60min**

**SENIORS WEIGHTS** is a circuit weights class using a combination of pin loaded machines and free weights which is designed for the more-mature member.

**Fitness Level: ALL**

**Duration: 60min**

**SPIN CYCLING** is an indoor stationary cycling workout that is instructor-led and fuelled by motivating music. All levels of participants are welcome because each member controls the speed and difficulty at all times.

**Fitness Level: ALL**

**Duration: 45min**

**YOGA** is a fresh and dynamic approach to Hatha and Vinyasa Flow Yoga embodying breath, strength, grace, a little bit of sweat, great detox and relaxation in an invigorating workout for the body and mind.

**Fitness Level: ALL**

**Duration: 60min**

**ZUMBA FITNESS®** is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

**Fitness Level: ALL**

**Duration: 60min**

**X CAMP** is a mutation of cross training and boot camp, this is a revolutionary new class with a strong focus on building core strength. Featuring boxing, balance, functional strength, dynamic and explosive work. All designed to take your fitness to the next level as well as giving you a solid core with plenty of power.

**Fitness Level: MEDIUM**

**Duration: 60min**