

Glenfield group fitness timetable

Group Fitness: Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.30am	GRIT STRENGTH		GRIT STRENGTH			7.25am	BODYSTEP EXP
6am	BODYPUMP 45	GRIT CARDIO	BODYPUMP 45	GRIT CARDIO	GRIT STRENGTH	8am	BODYPUMP
6.30am		CXWORX		BODYPUMP EXP	CXWORX	9am	BODYCOMBAT
9.15am	BODYPUMP 45	BODYATTACK	BODYPUMP	BODYCOMBAT	BODYPUMP	10am	BODYATTACK
10am	SH'BAM					11am	BODYBALANCE
10.15am		BODYBALANCE	CXWORX	BODYBALANCE	CXWORX	4pm	GRIT CARDIO
10.45am			BODYSTEP EXP		BODYATTACK EXP	4.30pm	BODYPUMP 45
4.15pm	GRIT STRENGTH	CXWORX	BODYPUMP EXP			5pm	
4.45pm	CXWORX	GRIT STRENGTH	CXWORX	BODYPUMP		5.15pm	BODYBALANCE
5pm					CXWORX		
5.15pm	BODYPUMP EXP	BODYBALANCE	BODYCOMBAT			Time	Sunday
5.30pm					BODYATTACK 45	8.30am	GRIT ATHLETIC
5.45pm	GRIT CARDIO			CXWORX		9am	BODYATTACK
6.15pm	BODYATTACK	BODYPUMP	GRIT CARDIO	BODYCOMBAT	BODYPUMP	10am	BODYPUMP
6.45pm			CXWORX			11am	BODYBALANCE
7.15pm	BODYPUMP	BODYCOMBAT	BODYPUMP 45			4pm	BODYPUMP
						5pm	SH'BAM

Group Fitness: Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9.15am	IYENGAR YOGA 60	PILATES	IYENGAR YOGA 90	PILATES	IYENGAR YOGA 90	7.30am	IYENGAR YOGA 75
10.30am	SENIOR PILATES	SENIOR YOGA		SENIOR MOVEMENT		9am	CXWORX
5.30pm	BODYCOMBAT 45	BODYSTEP 45	SH'BAM	BODYBALANCE 45		9.30am	SH'BAM
6.15pm	BODYBALANCE	IYENGAR YOGA 75	BODYATTACK	BODYSTEP	IYENGAR YOGA 75	Time	Sunday
7.15pm			BODYBALANCE			8am	IYENGAR YOGA 75

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am	SPRINT	RPM	SPRINT	RPM	SPRINT	8am	RPM
9.15am	RPM	SPRINT	RPM	SPRINT	RPM	9.20am	SPRINT
5.30pm	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	Time	Sunday
6.10pm		RPM		RPM		8.30am	RPM

Boxing

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6pm	BOXING	BOXING	BOXING	BOXING		9.30am	BOXING

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Sunday
8.30am				AQUA SHALLOW		9.30am	AQUA SHALLOW
9.30am	AQUA DEEP	AQUA SHALLOW	AQUA DEEP	AQUA SHALLOW SENIORS	AQUA DEEP		
7pm	AQUA SHALLOW			AQUA DEEP			

CLASS DESCRIPTIONS

LES MILLS GRIT® STRENGTH (30mins)

Using the Les Mills SMARTBAR™, weight plates and the bench, LES MILLS GRIT® Strength is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

LES MILLS GRIT® CARDIO (30mins)

Designed to burn fat and rapidly improve athletic capability, this explosive 30-minute team training session combines high impact body weight exercises and uses no equipment.

LES MILLS GRIT® ATHLETIC (30mins)

A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

LES MILLS BODYPUMP® EXPRESS, LES MILLS BODYPUMP® 45 and LES MILLS BODYPUMP® (30, 45 or 55mins)

Challenge yourself with the original barbell workout that strengthens and tones your body. Express, mid-length and full-length classes.

LES MILLS RPM® (45/50mins)

The indoor cycling workout where you ride to the rhythm of powerful music to calorie-burning endorphin highs.

LES MILLS SPRINT® (30mins)

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

LES MILLS BODYATTACK® EXPRESS (30mins)

The high energy, sports-inspired cardio workout that builds strength and stamina. Express-length classes only.

LES MILLS BODYJAM® (55mins)

Lose yourself in the dance-inspired cardio workout to the latest dance styles and the hottest new sounds.

LES MILLS BODYCOMBAT® 45 and LES MILLS BODYCOMBAT® (45 or 55mins)

The fiercely energetic martial arts workout where you are totally unleashed and empowered. Mid-length and full-length classes.

LES MILLS CXWORX™ (30mins)

Short, sharp workout designed to strengthen your core. Ideal for tightening your tummy & butt and improving functional strength.

LES MILLS BODYBALANCE® (55mins)

The yoga, tai chi, pilates workout that builds flexibility and strength, and leaves you feeling centred and calm.

LES MILLS BODYSTEP® (45mins)

The energising 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-along music and approachable instructors.

LES MILLS SH'BAM® (55mins)

The ultimate fun and sociable way to exercise. Each 45 minute class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged.

BOXING (45mins)

Challenging cardio boxing workout for fitness and fun. Wraps must be worn, bring your own or buy at reception.

IYENGAR YOGA (60, 75 or 90mins)

Emphasis on detail, precision and alignment in the practice of posture and breath control. Gentle exercise classes.

PILATES (45mins)

Focus on your core with the core principles of Pilates! The eight principles of the Pilates technique – concentration, breath, centering, control, precision, movement, isolation and routine – are brought together to give you a low-impact workout that strengthens like nothing else.

AQUA SHALLOW (45mins)

Get in the pool and get fit with Aqua Shallow! Held in the shallow end of the pool, this class uses equipment, controlled movements and the natural resistance of the water to help you tone up and work out.

AQUA DEEP (45mins)

Jump in the deep end! Aqua Deep is held in a deep pool, using buoyancy belts to give you a weightless workout that strengthens and conditions while being gentle on the joints.

SENIOR AQUA SHALLOW(45mins)

Deisgned specifically for seniors. Challenge yourself to a total body workout and have fun! You control the intensity of your workout.