

# Allan Brewster Leisure Centre

## group fitness timetable

### Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am			HIIT ME	HIIT ME	BODYPUMP®	8.15am	BODYCOMBAT®
						9.15am	BODYPUMP®
5.15pm			BODYCOMBAT®				
5.30pm		BOXFIT					
6pm					HIIT ME		
6.15pm	BODYCOMBAT®						
6.30pm			BOXFIT				
7.15pm	BODYPUMP®						

### Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am		RPM®				9.15am	RPM®
5.15pm							
6.15pm				RPM®			

### Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.30am			NEVER 2 OLD		NEVER 2 OLD

## CLASS DESCRIPTIONS

#### LES MILLS BODYCOMBAT® (55mins)

The fiercely energetic martial arts workout where you are totally unleashed and empowered.

#### LES MILLS BODYPUMP® (55mins)

Challenge yourself with the original barbell workout that strengthens and tones your body.

#### BOXFIT (60mins)

Bring your workout up close and personal! BoxFit combines circuit training, kicking, power and agility to give you a dynamic cardio experience like no other.

#### HIIT ME (60mins)

A workout consisting of cardiovascular conditioning, strength training and stretching. The instructor will vary the exercises and format every workout so no two sessions are the same.

#### NEVER 2 OLD (60mins)

Exercise programme for mature adults. A fitness gym based programme developed by AUT which focuses on resistance, light cardio work, flexibility and balance.

#### RPM® (45 or 50mins)

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