

GROUP EXERCISE

EFFECTIVE MONDAY 13 APRIL 2026

CYCLE: STUDIO 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-------------|-------------|-----------|-------------|-----------------------|-------------|-------------|
| 6am | | Cycle Beats | | Cycle Beats | | | |
| 8am | | | | | Cycle Beats (express) | Cycle Beats | |
| 9am | | | | | | | Cycle Beats |
| 5.30pm | | Cycle Beats | | Cycle Beats | | | |
| 6pm | Power Cycle | | | | | | |

AEROBICS: STUDIO 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|-------------------|----------------------|-------------------|---------------|----------|---------------|
| 6am | Loaded* | Pilates | Loaded | Metafit (express) | Punch* | | |
| 7.30am | Flexibility | Metafit (express) | Flexibility | Loaded | Flexibility | | |
| 8am | | | | | | | Yoga* |
| 8.30am | | | | | | Loaded | |
| 9.30am | Zumba | Tone & Core | | Loaded | Body Dynamics | Activ | |
| 10am | | | | | | | Loaded |
| 10.30am | Flexibility | Yoga | Flexibility | Flexibility | Aero Mix | Box Fit | |
| 11.30am | | | | | | Zumba | |
| 12.30pm | Pilates | | Zumba | | Loaded | | |
| 4.30pm | | Pilates | | | | | Loaded |
| 5.30pm | Loaded | Yoga | Loaded | Abs & Rockbottom* | | | Body Dynamics |
| 6.30pm | | Zumba | Absolution (express) | Zumba | | | |
| 7pm | | | HIIT 45 | | | | |

CIRCUIT: STUDIO 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|----------------|---------------|----------------|---------------|----------------|----------|--------|
| 6am | | | Circuit | | | | |
| 8.30am | CrossBody | Active Living | CrossBody | Active Living | Active Living | | |
| 9.30am | | Active Living | Active Living | | | HIIT | |
| 11.00am | Active Living | | Active Living | | Active Living | | |
| 11.30am | | | | | | | |
| 12.30pm | | Circuit | | Circuit | | | |
| 2pm | Healthy Hearts | | Healthy Hearts | | Healthy Hearts | | |

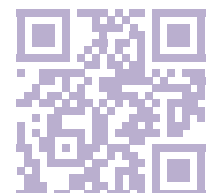
■ Cardio
 ■ Weights
 ■ Mind & Body
 ■ Toning
 ■ Dance
 ■ Medical approval required

Most classes are 45 minutes. Express class is 30 minutes.

*Class is 55 minutes. Classes are subject to change.

For safety reasons, you will not be able to enter class 5 minutes after start time. Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

**BOOK YOUR CLASS
UP TO 48 HOURS AHEAD**



OUR GROUP EXERCISE CLASSES

CYCLE: STUDIO 1

CYCLE BEATS

Ride the rhythm through a musically driven workout that will inspire the rockstar in you!

POWER CYCLE

An individual workout in a group environment, setting your unique Functional Threshold Power (FTP) allows our coaches to guide everyone through the same workout while accounting for all fitness levels.

CIRCUIT: STUDIO 3

ACTIVE LIVING

Move it or lose it as they say! And if you've already lost it, come and regain it again. A circuit with cardio and coordination stations. Functional exercises to help with strength and mobility. **Medical clearance required.**

CIRCUIT

Mixing up strength and cardio focussed stations, using machines, free weights and other fitness tools, you will get a wholebody workout that you can modify as needed.

CROSS BODY

Combining different elements of fitness for maximum benefit for you. Mon and Wed start with 25 minutes of Swiss Ball in Studio 2, and Fridays kick off with 25 minutes of Smooth Cycle in Studio 1. Then head into Studio 3 to use traditional and non-traditional gym and exercise equipment to complete your total body workout.

HEALTHY HEARTS

An ongoing one-hour group session training program to help you manage your medical condition. Each person is guided through a personalised individual program, supervised by qualified, caring staff.

Full approval by a medical practitioner is required before attending the program.

HIIT

A High Intensity Interval Training full body workout to increase fitness, strength and endurance. Each session uniquely mixes a range of equipment and conditioning exercises for extreme fun and results.



VIEW THE TIMETABLE AND
BOOK YOUR CLASS

AEROBICS: STUDIO 2

ABSOLUTION

Want firm flat abs and a strong lower back? Here's your solution.

ABS AND ROCKBOTTOM

Want firm flat abs and a strong lower back? Want to tone your glutes and develop functional power in your legs to create glutes that salute? Affectionately entitled Abs and Butt class!

ACTIV

A low impact aerobics class combining basic and athletic rhythmic movements to exercise large muscle groups. Improve your cardiovascular fitness and flexibility while having fun.

AERO MIX

Cardio fitness, everyday strength, coordination and mobility combine in a fun aerobic styled class that will keep you fit and healthy for daily living.

BODY DYNAMICS

A blend of yoga, pilates, stretching and body awareness. Great for core strength, flexibility, balance and muscular endurance.

BOX FIT

Drills and techniques from boxing including correct stance, footwork, body mechanics, punch technique and combinations. The class includes partner/glove work, pad work and cardio drills, It's a fun, challenging workout, great for stress busting and accessible to all ages and fitness levels.

FLEXIBILITY

Using simple and dynamic stretches, you will increase your range of motion and release tension.

HIIT 45

An indoor bootcamp. 45 minutes of High Intensity Interval Training which may include Strength, Bodyweight, Cardio and Core. This class will burn calories and raise your metabolism for hours. A different plan each month will challenge and excite you to find your inner athlete.

LOADED

Lifting barbells and dumbbells to awesome beats, you will find your firm, toned body in no time!

METAFIT

A 30-minute high-intensity interval training workout that uses bodyweight exercises to improve your fitness and burn fat. This class is open to all levels, with optional variations to adjust the intensity to your comfort level.

PILATES

Postural alignment, core strength and muscle balance, focussing on relaxing tense muscles as well as strengthening them.

PUNCH

Drills and techniques from boxing combined with cardio exercises will get you fit quick! All levels of capability are catered for.

TONE & CORE

A fusion of floor, step, weights, swiss ball and weighted exercises. Different every week. Go at your own pace to develop your functional strength, tone your whole body and strengthen your core.

YOGA

Experience the different styles of Yoga, with our instructors varying the type of yoga experienced each week. A great way to experience all Yoga has to offer.

ZUMBA

A Latin inspired dance fitness class that is friendly and fun!

- Cardio
- Weights
- Mind & Body
- Toning
- Dance
- Medical approval required