

## HOURS OPEN

Monday	6.00am-8.30pm
Tuesday	6.00am-8.30pm
Wednesday	6.00am-8.30pm
Thursday	6.00am-8.30pm
Friday	6.00am-7.00pm
Saturday	7.00am-1.00pm
Sunday	8.45am-12pm

NEW TIME TABLE

## Class Descriptions

**NEW**

### ▲ = AERUMBA

A fun Latin style format that will have you dancing your way to better health and fitness.

### AA = AERATTACK

Defence style exercise class.

### BAR = THE BAR

Body conditioning class using barbells.

### BC = BOOTCAMP

Classic military styled allround fitness class incorporating indoor & outdoor activities.

### BR = BRIC

Bike, Run, Interval, Class.

### CB = CARDIO BOX

Have fun, get strong, tone up and get fighting fit in our fabulous boxing class.

### C = CIRCUIT

Combination of resistance and aerobic exercise designed to increase muscle tone, improve fitness and burn body fat.

### CIRCUIT BOX

Unique fun and challenging combination of circuit and boxing.

### FB = FIT BALL

Develop balance, stability and core abdominal strength with pilates based exercises on the fitball.

### RUN

Group running sessions aimed to enhance technique, fitness and performance through tempo runs, hills, intervals, and drills. (Tues & Thurs 5.30pm from AA)

### SPIN

A motivating group indoor cycling session designed to burn fat, improve aerobic fitness and tone legs.

### S = STEP

An aerobic class using individual steps, which can be adjusted to suit your fitness level.

### XT = CROSS TRAINING

A combination of aerobics formats together on the one class.

### Y = YOLATES

A combination of Yoga and Pilates - improves balance, core strength and flexibility.

Aerobics Studio												
	6.15	8.30	9.15	10.15	10.30	11.30	12.10	1.10	4.30	5.30	6.30	7.30
Monday				Y				▲	CIRCUIT BOX	▲	BAR	
Tuesday	BC		BAR				BAR		▲		Y	
Wednesday			▲	FB				S		BAR	CB	
Thursday	BC			BAR			CB		BAR	▲	Y	
Friday				Y				Y		CB		
Saturday	BC 7.15	XT	BAR 9.30		AA	Y						
Sunday				▲ 10.00								

Circuit Studio												
	6.30	9.15	9.30				12.10	1.10		4.30	5.30	5.30
Monday	C						C			CIRCUIT BOX	C	
Tuesday								C			C	RUN
Wednesday	C						C			C	C	
Thursday								C				RUN
Friday	C	C					C					
Saturday			C									
Sunday		C 9.00										

Spin Studio												
	6.30	9.15	10.15	11.00			12.10	1.10		4.30	5.30	6.30
Monday		SPIN						SPIN			SPIN	SPIN
Tuesday	SPIN		SPIN				SPIN			SPIN	SPIN	
Wednesday								SPIN			SPIN	SPIN
Thursday	SPIN	SPIN					SPIN			SPIN	SPIN	
Friday							BR			SPIN		
Saturday		SPIN 8.30										
Sunday			SPIN 10.00									

Timetable effective 12 July 2010