

CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
06:45 – 07:15 30 MINS	Core & Cardio AREA – CARDIO MACHINES & GYM	06:45 – 07:30 45 MINS	Spin AREA – SPIN / STUDIO AREA	06:45 – 07:15 30 MINS	Boot Camp AREA – GYM	06:45 – 07:30 45 MINS	Spin AREA – SPIN / STUDIO AREA	06:45 – 07:15 30 MINS	HIIT Cardio / Strength AREA – GYM
				12:30 – 13:00 30 MINS	Exercise Referral Only Rehab AREA – GYM			12:15 – 12:45 30 MINS	Sprint AREA – SPIN / STUDIO AREA
15:30 – 16:30 30+ MINS	Circulate Circuits Lower Roll in & out to suit AREA – GYM	15:30 – 16:30 30+ MINS	Circulate Circuits Full Body Roll in & out to suit AREA – GYM	15:30 – 17:00 30+ MINS	LBT Circulate Circuits Roll in & out to suit AREA – GYM	15:30 – 16:30 30+ MINS	Circulate Circuits Upper Roll in & out to suit AREA – GYM		
16:40 – 17:10 30 MINS	Core 3x3 AREA – GYM	16:40 – 17:10 30 MINS	Kettle Bells AREA – GYM			16:40 – 17:10 30 MINS	Kettle Bell Dimensions AREA – GYM		

CLASS TIMETABLE DESCRIPTIONS

- **Core & Cardio**

Core and cardio class combine exercises that strengthen your abdominal and core muscles with workouts that raise your heart rate. This burns calories, improves endurance, and builds a strong, stable centre for better overall fitness.

- **Circulate Circuits – Lower / Full body / Upper**

Roll in & out to suit

Circuit classes are high energy, fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set time. The exercises will be aimed for strength and conditioning. The idea being the class runs for a prolonged period to cater for various shifts, you can roll in and out of the class to suit you – completing as many circuits as you wish.

***Note** - Its essential to complete the warmup station prior to starting.

- **Core 3x3**

This is a core-circuit style class where a combo of 3 sets of 3 core-based exercises that are repeated 3 times. Core exercises train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony. This leads to better balance and stability.

- **Rehab**

Exercise referral class only

Specifically for exercise referrals, this class can be 10-30 mins and will be aimed to loosen up the areas of tension and trying to release tight muscles. Only for exercise referrals.

- **Spin**

Maximise your efforts with this high Intensity, motivating, cardiovascular, calorie burner! Involving the use of exercise bikes in a group environment, work towards improving your fitness, burning calories throughout the class and even up to 48 hours after! This class is suited for all levels of fitness.

- **Sprint**

A High Intensity 30 min cardiovascular, calorie burner on the spin bikes. This ‘non-stop’ session is guaranteed to get you all set for the weekend ahead.

- **Kettlebells**

Kettlebell training includes dynamic moves that target endurance, strength, balance, and cardio endurance. Kettlebell workouts are popular because they're challenging, efficient, and you only need one piece of equipment. Exercises with kettlebells done correctly can strengthen your lower back if you're recovering from injury.

- **Bootcamp**

Bootcamp classes are high-intensity, circuit-style workouts that combine strength training and cardio. Expect a challenging full-body workout using bodyweight exercises, weights, and drills, designed to build strength, endurance, and burn calories in a motivating group environment.

- **Kettlebell Dimensions**

Designed to hit every dimension of your training! 4 exercises – 6 rounds each exercise - 40 sec work / 20 sec rest – 1 min recovery between exercises. These will be kettle bell-based exercises aiming to complete a full body session

- **LBT Circulate Circuits**

Roll in & out to suit

A circuits / conditioning class designed to target common problem areas (legs, bums, and tums), LBT classes will help you to build muscle and tone up in the lower body. . The idea being the class runs for a prolonged period to cater for shifts, you can roll in and out of the class to suit you – completing as many circuits as you wish.

***Note** - Its essential to complete the warmup station prior to starting.

- **HIIT**

Cardio / Strength

HIIT (High-Intensity Interval Training) alternates between short bursts of intense exercise and brief recovery periods. This method maximises calorie burn, improves cardiovascular fitness, and builds strength in a short amount of time, making it a highly efficient workout.