



















	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 am							
	Spin						
9.00 am							
	SWEAT	Mums & Bubs	Spin Circuit	Core	Bats	SWEAT @ 8.30am	
10.00 am							
					Yoga	Yoga @ 9.30am	
5.30 pm							
	Yoga	Spin	Yoga	Spin			
6.30 pm							
	Box Fit	Step		Pulse HIIT			
7.30 pm							
	Mens Bootcamp		Mens Bootcamp				

<b>SWEAT</b>	Sweat. Weightloss. Endurance. Attitude. Team. Challenge yourself in a fit and fun exciting way with each class that is never the same!
<b>Box Fit</b>	Bring some wraps or gloves and give boxing a go. Friendly group of members attending. Cardio workout.
<b>Butts Abs &amp; Thighs</b>	Targets the abdominals, butt and thigh area. Suitable for everyone and has low impact options.
<b>Core</b>	Working on the muscles around your pelvis, hips, and abdomen, starting from the deep torso muscles to leave you with a slim waistline and firm strong abs.
<b>Flow Yoga</b>	Physical and mental practices or disciplines that aim to transform body and mind and to improve flexibility.
<b>Mums &amp; Bubs</b>	Child friendly cardio class. Don't have a bub? No worries you can still come!
<b>Pulse HIIT</b>	A 30-minute high intensity class aimed to get the heart rate up quickly by targeting large muscle groups.
<b>Spin Circuit</b>	A combination of Spin and Circuit. Great way to get the heart rate up on the bike then work on the strength and conditioning of it.
<b>Spin</b>	Cycle class that must be booked at reception. Great fat burning and cardio fitness class! Be sure to bring a towel!
<b>Step</b>	Aerobic step class for beginners to the die-hard fans! Great way to work up a sweat.

**Classes are 45 minutes long. All spin classes must be booked at reception.**

	<b>Adult</b>	<b>Senior/Student</b>
<b>Casual Entry</b>	<b>\$15.00</b>	<b>\$12.00</b>