

GROUP FITNESS STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM							
7.30AM			PrYme Movers		PrYme Movers	Yoga	Hatha Yoga
8.00AM	bbarreless						
8:15AM					LIT		
8.30AM						boxfit	
9.00AM							
9.30AM							
10.00AM					metafit		
10.15AM			LIT				
10.30AM		Yoga					
5.45PM							
6.15PM		boxfit		boxfit			

GROUP FITNESS STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM		boxfit	POWER YOGA	Yoga			
10.00AM				Yoga			
4.45PM	Yoga						
5.45PM	Yoga			Yoga			
6.00PM							
6.45PM							

GROUP FITNESS STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM							
7.30AM							
9.00AM							
6.00PM							

OUTDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM		AQUA AEROBIC			AQUA AEROBIC		
8.30AM			AQUA AEROBIC			AQUA AEROBIC	AQUA AEROBIC
9.00AM	AQUA HIIT	AQUA AEROBIC		AQUA AEROBIC	AQUA HIIT		
11.15AM	PrYme AQUA			PrYme AQUA			
6.00PM		AQUA AEROBIC		AQUA AEROBIC			

OPENING HOURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reception	5.30AM - 7.00PM	5.30AM - 7.00PM	5.30AM - 7.00PM	5.30AM - 7.00PM	5.30AM - 7.00PM	7.00AM - 11.45AM	7:30AM- 11:45AM
Kids Club	8.30AM - 11.15AM	8.30AM - 11.15AM	8.30AM - 11.15AM	8.30AM - 11.15AM	8.30AM - 11.15AM	7.15AM - 11.15AM	Closed
Pool Hours	5:30AM- 11:00AM & 3:00PM- 7:00PM	5:30AM- 11:00AM & 3:00PM- 7:00PM	5:30AM- 11:00AM & 3:00PM- 7:00PM	5:30AM- 11:00AM & 3:00PM- 7:00PM	5:30AM- 11:00AM & 3:00PM- 7:00PM	7:00AM - 11:45AM	7:30AM- 11:45AM

Please note timetable is subject to change with minimal notice



Class Descriptions

	<p>Our Aqua Aerobics program is the best in the Redlands! Suitable for beginner or advanced. Aqua is a low impact class designed to increase movement, flexibility & encourage joint movement. Aqua is the number one method of rehabilitation recommended by occupational therapists.</p>
	<p>If you are looking for a workout that will increase your fitness levels with minimal impact on your joints then this is for you! This class is a higher intensity class that is fun, fast and effective. Designed to improve cardiovascular endurance which will alternate between strength/balance and core training. Be prepared to get your hair wet, heart rate up and have fun!</p>
	<p>BODYCOMBAT is the empowering cardio workout inspired by martial arts. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior fitness.</p>
	<p>bbarreless is a fusion style class with a true foundation of Pilates performed to the beat of the music. You will experience a mind body connection fused with dance, Pilates and Yoga. Incorporating strength, balance, power and flexibility movements while using equipment.</p>
	<p>BODYPUMP is the original barbell class that strengthens your entire body. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for.</p>
	<p>BODYSTEP is the energizing step workout using a height-adjustable step and simple movements on, over and around the step. You get motivation from sing-a-long music and approachable instructors.</p>
	<p>This boxing inspired workout will get your heart rate up and make your muscles burn. It is a social class which includes pad work, resistance and cardio exercise. This class will increase your overall fitness and condition the whole body.</p>
	<p>This is HIGH INTENSITY INTERVAL TRAINING that offers fitness results fast through 30 minutes of intense exercise to set training routines. Grit is proven to target your fast twitch fibres to help build strength and power.</p>
	<p>HIIT MAN is high intensity interval training at its peak. Think Crossfit meets Bootcamp. HIIT MAN uses new and exciting equipment to push you to your limits in an all over body workout. HIIT MAN is for all levels and will help take your training and abilities to new heights.</p>
	<p>Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing down the breath.</p>
	<p>LOW IMPACT TONING - suitable for all levels of fitness. This class will help to tone your whole body using a range of functional low impact exercises.</p>
	<p>ABT- Abs Butts and Thighs- working on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises will target common problem areas. This class delivers an intense regime that is designed to yield results. this class fires up your fat-burning and builds lean muscle in your abs, butts and thighs- all at the same time! Options available for every fitness level.</p>
	<p>This is a freestyle class that builds a strong foundation of core stability that results in better posture, improved alignment and decreased pain. Pilates trains the body as an integrated whole creating optimal muscle balance in strength and flexibility.</p>
	<p>PrYme Aqua is a gentle session focusing on strengthening around the joints and assisting range of mobility. This class would be suitable for those with arthritis or any other mobility restrictions.</p>
	<p>PrYme Movers is a low level cardio workout. Focusing on increasing joint mobility, limb strength and core stabilisation. With some general health and wellness tips thrown in to keep you on top of your game.</p>
	<p>RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.</p>
	<p>Spin is challenging, fun and one of the best ways to improve cardiovascular fitness while burning lots of calories. Designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout.</p>
	<p>Power yoga when practised regularly and under supervision helps your body achieve stability, balance, posture and tone. Increases stamina, strength and flexibility. It is a fast paced work out and can be practised by anyone who enjoys exercising.</p>
	<p>Hatha Yoga is an older traditional style of yoga practice designed to align, to calm and to bring balance to your mind - body and spirit. Hatha Yoga will resonate with all participants and suit everyone from beginner yogi to our more long term practitioners. You will experience many benefits including ... greater balance, enhanced alignment and more flexibility.</p>
	<p>Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.</p>

