





# SUMMER GROUP FITNESS TIMETABLE

## STUDIO 1

| TIME    | MON   | TUE   | WED                                 | THUR  | FRI   | SAT                       | SUN                     |
|---------|---|---|-------------------------------------|---|---|---------------------------|-------------------------|
| 6.00am  | <b>LES MILLS CXWORX</b>   | <b>LES MILLS BODYPUMP</b>   | <b>LES MILLS BODYATTACK EXPRESS</b> | <b>LES MILLS BODYSTEP CLASSIC</b>   | <b>LES MILLS BODYPUMP</b>   |                           |                         |
| 6.30am  | <b>LES MILLS BODYATTACK</b>   |   | <b>LES MILLS CXWORX</b>             |   |   |                           |                         |
| 7.15am  |   |   |                                     |   |   |                           |                         |
| 8.00am  | PILATES   | HATHA YOGA <sup>75</sup>  |                                     | HATHA YOGA <sup>75</sup>  |   | HATHA YOGA                |                         |
| 8.15am  |   |   |                                     |   |   |                           |                         |
| 8.30am  |   |   | PILATES                             |   | PILATES   |                           | <b>LES MILLS CXWORX</b> |
| 9.00am  | 9.15am HATHA YOGA   |   |                                     |   |   | <b>LES MILLS BODYSTEP</b> |                         |
| 9.30am  |   | <sup>GROUP</sup> ACTIVE   | <b>LES MILLS BODYPUMP</b>           |  ZUMBA | <sup>GROUP</sup> ACTIVE   |                           |                         |
| 10.00am |   |   |                                     |   |   | <b>LES MILLS BODYPUMP</b> |                         |
| 10.30am |  ZUMBA | PILATES   | <sup>GROUP</sup> groove             | PILATES MAT/PROPS   |  ZUMBA | 11.00am HATHA YOGA        |                         |
| 12.30pm |   | MODERN DANCE  | BROADWAY JAZZ                       |   |   |                           |                         |
| 3.00pm  |   |   |                                     |   |   | <sup>GROUP</sup> groove   | VINYASA YOGA            |
| 4.00pm  |   | HATHA YOGA <sup>75</sup>  |                                     | HATHA YOGA <sup>75</sup>  |   |                           | STRENGTH & STRETCH      |
| 5.00pm  | PULSES  |   | PULSES                              |   |   |                           |                         |
| 5.30pm  |   | <b>LES MILLS BODYPUMP</b>   |                                     |   |   |                           |                         |
| 5.45pm  |   |   |                                     |   |   |                           |                         |
| 6.00pm  | <sup>GROUP</sup> ACTIVE   |   | <b>LES MILLS BODYSTEP</b>           |   |   |                           |                         |
| 6.30pm  |   |  ZUMBA |                                     | <b>LES MILLS BODYPUMP</b>   |   |                           |                         |
| 7.00pm  | PILATES   |   | VINYASA YOGA                        | 7.15pm <b>LES MILLS BODYBALANCE</b>   |   |                           |                         |

Classes are 60 minutes excluding Body Attack Express (30 minutes) and CXWORX (30 minutes) |  45 minute classes

## STUDIO 2

| TIME    | MON                      | TUE             | WED          | THUR            | FRI                      | SAT             | SUN                    |
|---------|--------------------------|-----------------|--------------|-----------------|--------------------------|-----------------|------------------------|
| 6.30am  | CYCLE                    |                 |              | BARRE FUSION    | 6am<br>CARDIO BOXING     |                 |                        |
| 7.00am  |                          |                 | CYCLE        |                 | CYCLE                    |                 |                        |
| 8.00am  |                          |                 |              |                 |                          |                 |                        |
| 9.30am  | BALLET BASICS            | BARRE FUSION    |              |                 | BARRE FUSION             | 9.15am<br>CYCLE | 9.15am<br>BARRE FUSION |
| 10.30am |                          |                 | BALLET       |                 |                          |                 | 10.00am<br>YIN YOGA    |
| 11.30am | VINYASA YOGA             | TAP ADVANCED    | TAP INTERMED | TAP BEGINNER    | LES MILLS<br>BODYBALANCE |                 |                        |
| 12.30pm |                          |                 |              | DYNAMIC STRETCH |                          |                 |                        |
| 4.00pm  |                          |                 | PILATES      |                 |                          | DYNAMIC STRETCH |                        |
| 5.00pm  | LES MILLS<br>BODYBALANCE |                 |              |                 |                          |                 |                        |
| 5.30pm  |                          | DYNAMIC STRETCH | ZUMBA gold   |                 |                          |                 |                        |
| 6.30pm  | CYCLE                    | CYCLE           | CYCLE        |                 |                          |                 |                        |

All cycle classes are 45min

## OUTDOOR (CAR PARK, WARRIOR AREA)

| TIME   | MON           | TUE      | WED              | THUR     | FRI | SAT      | SUN |
|--------|---------------|----------|------------------|----------|-----|----------|-----|
| 6.00am |               | BOOTCAMP |                  | BOOTCAMP |     |          |     |
| 8.30am |               |          |                  |          |     | BOOTCAMP |     |
| 9.30am |               |          |                  |          |     |          |     |
| 6.30pm | CARDIO BOXING | BOOTCAMP | BOOTCAMP EXPRESS |          |     |          |     |

## AQUA (INDOOR POOL)

| TIME    | MON  | TUE                  | WED  | THUR       | FRI  | SAT        | SUN |
|---------|------|----------------------|------|------------|------|------------|-----|
| 7.00am  |      | SALTI CIRCUIT        |      | SALTI FLOW |      |            |     |
| 7.15am  |      |                      |      |            |      | SALTI FLOW |     |
| 7.45am  |      | SALTI FLOW           |      |            |      |            |     |
| 8.15am  | AQUA |                      |      | AQUA       |      |            |     |
| 8.45am  |      | AQUA                 |      |            |      |            |     |
| 9.30am  | AQUA | AQUA                 | AQUA | AQUA       | AQUA | AQUA       |     |
| 10.30am |      | AQUA                 | AQUA |            | AQUA | AQUA       |     |
| 5.30pm  | AQUA | 5.45pm<br>SALTI FLOW | AQUA |            |      |            |     |

Visit [northsfitness.com.au/timetable](http://northsfitness.com.au/timetable) for updates and to download a printable pdf Please bring a towel and water bottle to all classes. Please keep bags in lockers provided.