

GROUP FITNESS TIMETABLE

SUMMER HOLIDAY PERIOD 2019/20



GROUP FITNESS STUDIO

EFFECTIVE 16TH DECEMBER 2019 – 12TH JANUARY 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	V BODY PUMP (E)	V CX WORX	V BODY COMBAT (E)	V BODY PUMP (E)	V BODY BALANCE (E)		
6.20AM	V BODY BALANCE	V BODY COMBAT	V BODY PUMP	V CX WORX	V BODY COMBAT		
7.20AM	V CX WORX	V LM BARRE	V CX WORX	V BODY BALANCE (E)	V CX WORX		
8.00AM	STRONG MOVERS	V BODY BALANCE	STRONG MOVERS	V LM BARRE	STRONG MOVERS	8.10AM BODY BALANCE	8.10AM V BODY PUMP
9.00AM	V BODY PUMP (E)	V CX WORX	V BODY COMBAT (E)	V CX WORX	V BODY PUMP (E)		
9.35AM	V LM BARRE	BODY COMBAT	BODY PUMP	V BODY COMBAT	PILATES	9.20AM V BODY PUMP	9.20AM V BODY BALANCE
10.45AM	BARRE	YOGA	PILATES	BODY BALANCE	V LM BARRE	10.30AM V BODY COMBAT	10.30AM V LM BARRE
2.40PM	V BODY BALANCE (E)	V CX WORX	V LM BARRE	V BODY COMBAT (E)	V BODY PUMP (E)	V LM BARRE	V CX WORX
3.15PM	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V CX WORX	V LM BARRE	V BODY BALANCE	V BODY PUMP
4.20PM	V LM BARRE	V BODY COMBAT	V BODY BALANCE	V BODY PUMP	V BODY BALANCE	V BODY PUMP	V BODY COMBAT
5.25PM	V BODY PUMP	V BODY BALANCE	V CX WORX	V LM BARRE	V BODY COMBAT	V CX WORX	V BODY BALANCE (E)
6.00PM			V BODY COMBAT	V BODY PUMP			
6.30PM	BOXING	BARRE			V LM BARRE		
7.00PM	BODY BALANCE*		YOGA	V CX WORX			
7.30PM	ZUMBA	V BODY PUMP	8.15 V BODY PUMP 45	V BODY COMBAT	V BODY PUMP		
8.30PM	V CX WORX	V BODY BALANCE (E)		V LM BARRE	V CX WORX		

V = VIRTUAL (E) = EXPRESS * = HELD IN CRECHE

Please Note, Centre Closing 5pm
Christmas Eve, 24 December and New Years Eve 31 December

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	V RPM (E)	V RPM	V SPRINT	V RPM	V RPM (E)		
6.20AM	V RPM		V RPM		V RPM		
7.15AM	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
8.15AM	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	RPM	V RPM
9.30AM	RPM		CBC		RPM		
10.45AM	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT	V SPRINT	V SPRINT
11.30AM	V RPM (E)		V RPM (E)		V RPM (E)	V RPM (E)	V RPM (E)
2.15PM	V RPM	V SPRINT	V RPM	V SPRINT	V RPM	V RPM	V RPM
3.15PM	V RPM (E)	V RPM	V RPM (E)	V RPM	V RPM (E)	V SPRINT	V SPRINT
4.15PM	V SPRINT	V RPM (E)	V SPRINT	V RPM(E)	V SPRINT	V RPM	V RPM
5.30PM	V RPM	V RPM	V RPM	V RPM	V RPM	V SPRINT	V SPRINT
6.30PM	V SPRINT	V RPM	V SPRINT	V RPM	V SPRINT		
7.30PM	V RPM	V RPM	V RPM	V RPM	V RPM		
8.30PM	V RPM (E)	V SPRINT	V RPM (E)	V SPRINT	V RPM (E)		

V = VIRTUAL (E) = EXPRESS



AQUA (25M INDOOR POOL)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15AM	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA MOVERS	AQUA WORKOUT	
9.15AM	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS		
7.35PM		AQUA WORKOUT		AQUA WORKOUT			

CLASS DESCRIPTIONS

AQUA MOVERS (45 MINS)

Aqua aerobics designed for the more senior participant and beginners, set in a fun and sociable environment. Come along for any reason, fitness, mobility, flexibility and strength but most of all fun!

AQUA WORKOUT (45 MINS)

Enjoy the benefits of a more energetic workout without stress on your joints.

BARRE (45 MINS)

A low-impact class that will help to strengthen your core, glutes and legs. Inspired by ballet, this fusion of dance moves, pilates and yoga is a great all body workout.

BODY BALANCE (55 MINS)

A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses.

BODYCOMBAT (55 MINS)

A high-energy non-contact workout inspired by martial arts.

BODY PUMP (55/45 MINS)

A strength and conditioning class that uses barbells and weights to target all muscle groups.

BOXING (55 MINS)

A high-intensity boxing class that incorporates punching and focus pads to improve your fitness. Suitable for all fitness levels.

CBC – COACH BY COLOUR (50MINS)

Suitable for your individual fitness levels! Participants are led through five intensity zones (ranging from very light to maximum effort) which are assigned colours. Throughout the class, the instructor will unify the group, encouraging everyone to progress through the zones together.

CX WORK (30MIN)

Strengthen your core with this dynamic training that uses resistance bands and weight plates.

LM BARRE (30 MINS)

Inspired by ballet, designed to tone postural muscles and build core strength. This class is a combination of cardio and strength without the traditional barre to support you.

PILATES (55 MINS)

A class to help develop core strength and coordination through traditional Pilate's movement patterns, the use of breath and correct alignment. You'll feel a difference in your posture and overall toning with every class.

RPM (50 MINS)

An indoor cycle workout that delivers maximal results with minimal impact. You will be led through hills, flats, mountain peaks, time trials and interval training.

SPRINT (30 MINS)

High-Intensity Interval Training (HIIT) using an indoor bike. Combine bursts of intensity, where you work as hard as possible, with periods of rest to achieve results fast.

STRONG MOVERS (55 MINS)

Low-impact class for beginners. Benefits include strength, balance, core and mobility.

YOGA (55 MINS)

Designed to enhance your vitality and sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness.

ZUMBA (45 MINS)

It's a dance fitness party! This aerobic class features rhythms set to high-energy Latin beats.

V (VIRTUAL CLASS) Technology based group fitness class displayed via a projector.

EXPRESS (30 MINS) In a hurry but need your fitness fix? Try a VIRTUAL express version of these LES MILLS classics.

PLEASE NOTE:

- Class limits apply – participants must obtain a valid ticket from reception or the kiosk and provide to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted after the class has commenced.
- Please advise the instructor prior to the class if you are injured, have a medical condition or are pregnant.
- Participants must be aged 16 years and over to attend Body Pump, Boxing and Sprint.
- Minimum age is 12 years for all other group fitness classes.

Please visit our website cardinalialeisure.com.au and follow us on Facebook for all the latest updates including public holiday timetables.

Classes are subject to change depending on class numbers and instructor availability.