

The Juniors Fitness Centre Class Timetable | JANUARY | Max 20 per class bookings required for classes (9314 4212)

	6am	8am	8:10am	9am	9am	10am	11am	12pm	4pm	5pm	6pm		7pm	8pm
M O N	HIIT Fit	Vinyasa YOGA	8.10am Aqua	9.10am Aqua	HIIT Fit	Beginner Pilates	Power 4 Seniors Exercise	YOGA		Body Sculpt	Fitness	Aqua	Pilates	MAX 20 PER CLASS
T U E	HIIT Fit				Pilates	Booty Blast	Intra Club	YOGA		HIIT Fit			Intra Club	MAX 20 PER CLASS
W E D	Fighting Fit	Dynamic Vinyasa YOGA	8.10am Aqua		Beginner Pilates	Cross Trainer	Strength 4 Seniors	YOGA		HIIT Fit	Fitness	Aqua	YOGA	MAX 20 PER CLASS
T H U	Hard Yakka				Gentle Exercise	Booty Blast	Pilates	YOGA		Booty Blast	Cross Trainer		7pm Pilates 7:45pm Trigger point	MAX 20 PER CLASS
F R I	Fighting Fit	YOGA	8.10am Aqua	9.10am Aqua	Pilates	Cross Trainer	Strength 4 Seniors	YOGA			Fighting Fit		YOGA	MAX 20 PER CLASS
S A T		8.15am Pilates			9.15am Intermediate Pilates	10.15am Rejuvenate YOGA			3:30pm Beginner Pilates					LAST UPDATED 29/12/20
S U N		Pilates							3:30pm YOGA					



Class Descriptions

Fighting Fit – A challenging cardio workout which provides great upper body toning, using boxing gloves and pads. Suitable for intermediate to advanced fitness levels.

Cross Trainer – A class offering a variety of Hi/Lo aerobics, step & muscle toning. Basic movements. Suitable for intermediate to advanced fitness levels.

Hard Yakka – Forget the coffee this class will be sure to wake you up! A physically demanding workout utilizing a wide range of body weight and equipment based exercises to get you working at maximum effort.

Booty Blast – Beginners to Advanced - Focusing on all aspects of Glute training, including legs and core. Expect to do lots of squats, lunges and Glute bridge variations for a great B U R N.

Pilates – A unique mat class consisting of stretching & strengthening which greatly improves posture, flexibility & balance.

Fitness – No frills workout with weights, body bars, dumbbells & steps. Suitable for low to advanced fitness levels.

Aqua – A fun workout combining muscle toning with cardio vascular conditioning without the stress on joints. Suitable for beginners to intermediate fitness level

HIIT Fit– High Intensity Interval Training. Ultimate cardio and strength workout. A sweatathon using weights and body weight exercises which will be sure to burn a stack of calories!

Gentle Exercise – Light exercise for the seniors

Power For Seniors – For seniors who like a little more of a challenge.

Yoga – Hatha and Vinyasa styles.

Rejuvenate Yoga – Slower style of yoga requiring sharp mental focus. Great whole body stretch!

MMAFIT – MMAFIT is a non-combative, high intensity group fitness experience designed on exercise and techniques found in MMA. Suitable for males & females at all fitness levels.

Body Sculpt – A non- impact class using free weights, combining both isolation and compound exercises as well as core activation to sculpt, strengthen and condition the entire body.