

GROUP FITNESS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
5.15am	SHIFT * 30'	LES MILLS GRIT STRENGTH 30' LES MILLS sprint 30'	LES MILLS BODYSTEP 30'	LES MILLS BODYATTACK 30'	LES MILLS RPM 30'
5.30am			LES MILLS RPM 45'		
5.45am	LES MILLS BODYPUMP 45'	LES MILLS barre * 30' LES MILLS sprint 30'	TABATA 45'	LES MILLS CXWORX 30'	LES MILLS RPM 45' LES MILLS BODYPUMP 30'
8.45am					LES MILLS BODYPUMP 45'
9.00am	LES MILLS RPM 45'	LES MILLS BODYATTACK 30'	LES MILLS RPM 30'	LES MILLS GRIT STRENGTH 30'	
9.30am	LES MILLS BODYSTEP 45'	LES MILLS BODYPUMP 60'	TABATA 45'	LES MILLS BODYBALANCE 60'	LES MILLS BODYBALANCE 45' LES MILLS sprint 30'
10.15am					LES MILLS barre * 30'
10.40am	LES MILLS BODYBALANCE 60'	YOGA 60'	PILATES 45'		
5.15pm	LES MILLS barre * 30'	LES MILLS BODYPUMP 30'	TABATA 30'		
5.45pm	LES MILLS BODYATTACK 45'	LES MILLS BODYBALANCE 45' LES MILLS RPM 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYSTEP 45'	LES MILLS BODYBALANCE 45'
6.30pm	LES MILLS BODYPUMP 45' LES MILLS RPM 45'	SHIFT * 30' CARDIO TENNIS 60'	LES MILLS BODYATTACK 30'	TABATA 45' CARDIO TENNIS 60'	
7.00pm		ZUMBA FITNESS 45'	LES MILLS CXWORX 30'		
7.15pm	LES MILLS CXWORX 30'			PILATES 45'	
7.30pm			LES MILLS barre * 30'		
7.45pm	LES MILLS BODYBALANCE 60'	YOGA 45'			

	Saturday	Sunday
6.15am	LES MILLS sprint 30'	
7.00am	LES MILLS GRIT STRENGTH 30' LES MILLS RPM 45'	
7.30am	LES MILLS CXWORX 30'	LES MILLS RPM 45'
8.00am	LES MILLS BODYATTACK 60' CARDIO TENNIS 60'	LES MILLS BODYSTEP 60'
9.00am	PILATES 45'	LES MILLS BODYPUMP 60'
10.00am		LES MILLS BODYBALANCE 60'
4.00pm	LES MILLS BODYPUMP 60'	
4.30pm		LES MILLS BODYBALANCE 60'

Timetable effective from 08.10.18

Timetable subject to change.
Use GHRC App for up to date timetable.

* New Programs Starting 22 October.



GROUP FITNESS CLASS INFORMATION

	Description	Exercise Type	Intensity
LES MILLS barre *	An all body workout, focusing on lengthening, toning and stretching, whilst utilising elements of ballet barre, dance, yoga, pilates and fitness. It is a full body workout; great for your core, improves your posture, helps your muscles to work correctly, increases your flexibility, targets every muscle group and is considered suitable for all levels of fitness. Most of all it's fun!	Ballet inspired conditioning	Moderate
LES MILLS BODYATTACK	A high-energy interval training class combining athletic aerobic movements with strength and stabilisation exercises.	Sports-Inspired Cardio	Moderate - High
LES MILLS BODYBALANCE	Yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm.	Inspired By Yoga, Tai Chi & Pilates	Low
LES MILLS BODYPUMP	The original barbell class that strengthens your entire body. Using the best weight-room exercises like squats, presses, lifts and curls.	Weights-Based Resistance Training	Low - Moderate
LES MILLS BODYSTEP	A fast-paced, explosive step workout using a height-adjustable step and simple movements on, over and around it.	Step-Based Cardio	Moderate - High
CARDIO TENNIS	Get fit, have fun and workout to the beat of music while burning calories with cardio tennis.	Outdoor Tennis Cardio	Moderate - High
LES MILLS CXWORX	Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? Cxworx™ is for you! Cxworx™ really hones in on the torso, using resistance tubes to tighten your abs and butt, while improving functional strength and assisting in injury prevention.	Core-Based Strength & Cardio	Moderate
LES MILLS GRIT STRENGTH	A combination of short sharp exercises including weight lifting, running and plyometrics.	Weights-Based Strength & Cardio	High
PILATES	Pilates emphasises your body's core and develops your strength, flexibility and balance.	Core-Based Pilates	Low

	Description	Exercise Type	Intensity
LES MILLS RPM	High-intensity indoor cycling interval routine workout where you ride to the rhythm of powerful music.	Indoor Cycling Cardio	Moderate - High
SHIFT *	30 minutes of Smart High Intensity Functional Training that allows people of every fitness level to train smarter and stay fit for life. Rethink your routine. Upgrade your workout. SHIFT your fitness.	Body weight strength and cardio training	Moderate - High
LES MILLS sprint	It's a quick and hard style of training that returns rapid results with minimal joint impact. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn calories for hours after a good hiit workout.	Cycle Based Cardio	High
TABATA	Tabata follows 20 seconds on, 10 seconds off interval training designed by Dr.Tabata. You are able to work at your own level and options given for all moves to cater for all levels.	Cross Training	Moderate - High
YOGA	Yoga will unwind and develop your body and mind through a series of stretches and routines.	Core-Based Yoga	Low
ZUMBA FITNESS	The Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party! It's fun, easy to learn and a great way to get fit and make new friends!	Dance	High

This is an exemplar timetable for GHRC. For the exact timetable, please view the **GHRC APP**.
 Scheduled times for the Cycle Cube virtual classes are also located on the **GHRC APP**.
 For more information, please contact Bex – rebecca@ghrc.com.au

* New Programs Starting 22 October.

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 #gapgroupfitness

 @thegaphealthracquet

