

# GROUP FITNESS CLASS TIMETABLE

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

	Saturday	Sunday
6.15am	<b>LES MILLS sprint</b> 30'	
7.00am	<b>LES MILLS GRIT STRENGTH</b> 30' <b>LES MILLS RPM</b> 45'	
7.30am	<b>LES MILLS CXWORX</b> 30'	
8.00am	<b>LES MILLS BODYATTACK</b> 60' <b>CARDIO TENNIS</b> 60'	<b>LES MILLS BODYSTEP</b> 60'
9.00am	<b>PILATES</b> 45'	<b>LES MILLS BODYPUMP</b> 60'
10.00am		<b>LES MILLS BODYBALANCE</b> 60'

Timetable effective from 02.01.19

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



# GROUP FITNESS CLASS INFORMATION

	Description	Exercise Type	Intensity
<b>LES MILLS barre</b>	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
<b>LES MILLS BODYATTACK</b>	A high-energy interval training class combining athletic aerobic movements with strength and stabilisation exercises.	Sports-Inspired Cardio	Moderate - High
<b>LES MILLS BODYBALANCE</b>	Yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm.	Inspired By Yoga, Tai Chi & Pilates	Low
<b>LES MILLS BODYPUMP</b>	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
<b>LES MILLS BODYSTEP</b>	A fast-paced, explosive step workout using a height-adjustable step and simple movements on, over and around it.	Step-Based Cardio	Moderate - High
<b>CARDIO TENNIS</b>	Get fit, have fun and workout to the beat of music while burning calories with cardio tennis.	Outdoor Tennis Cardio	Moderate - High
<b>LES MILLS CXWORX</b>	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
<b>LES MILLS GRIT STRENGTH</b>	A combination of short sharp exercises including weight lifting, running and plyometrics.	Weights-Based Strength & Cardio	High
<b>PILATES</b>	Pilates emphasises your body's core and develops your strength, flexibility and balance.	Core-Based Pilates	Low

	Description	Exercise Type	Intensity
<b>LES MILLS RPM</b>	High-intensity indoor cycling interval routine workout where you ride to the rhythm of powerful music.	Indoor Cycling Cardio	Moderate - High
<b>SHIFT</b>	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
<b>LES MILLS sprint</b>	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
<b>TABATA</b>	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
<b>YOGA</b>	Yoga will unwind and develop your body and mind through a series of stretches and routines.	Core-Based Yoga	Low
<b>ZUMBA FITNESS</b>	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](mailto:rebecca@ghrc.com.au)

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 #gapgroupfitness

 @thegaphealthracquet

