

Group Fitness Class *Timetable*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.10am	LES MILLS GRIT STRENGTH 30'	LES MILLS GRIT CARDIO 30'		LES MILLS sprint 30'	LES MILLS RPM 30'
	LES MILLS sprint 30'	LES MILLS sprint 30'	LES MILLS RPM 30'		
5.45am	PILATES 45'	LES MILLS BODYPUMP 45'	TABATA 45'	LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP 30'
	LES MILLS RPM 30'	LES MILLS sprint 30'	LES MILLS RPM 30'	LES MILLS sprint 30'	LES MILLS RPM 45'
9.00am	LES MILLS BODYPUMP 30'	LES MILLS BODYATTACK 30'	LES MILLS GRIT STRENGTH 30'	LES MILLS RPM 30'	LES MILLS BODYPUMP 45'
	LES MILLS RPM 45'				LES MILLS RPM 30'
9.35am	LES MILLS BODYSTEP 45'	PILATES 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYBALANCE 60'	
9.50am					YOGA 45'
10.25am	LES MILLS BODYBALANCE 60'				
4.55pm	LES MILLS GRIT STRENGTH 30'	LES MILLS BODYPUMP 30'	PILATES 30'	LES MILLS BODYATTACK 30'	
5.30pm	LES MILLS BODYATTACK 45'	LES MILLS BODYBALANCE 45'	LES MILLS GRIT STRENGTH 30'	LES MILLS BODYPUMP 45'	LES MILLS BODYBALANCE 45'
	LES MILLS RPM 30'	LES MILLS RPM 30'			
5.45pm					
6.05pm	LES MILLS RPM 30'	LES MILLS RPM 30'	LES MILLS BODYATTACK 30'		
6.20pm	LES MILLS BODYPUMP 45'	ZUMBA FITNESS 45'			
6.30pm		CARDIO TENNIS 60'		CARDIO TENNIS 60'	
6.40pm			LES MILLS CXWORX 30'		
7.10pm		YOGA 60'			

	SATURDAY	SUNDAY
6.00am	LES MILLS sprint 30'	
6.35am	LES MILLS sprint 30'	
7.10am	LES MILLS GRIT STRENGTH 30'	
7.20am	LES MILLS RPM 30'	
7.45am	LES MILLS CXWORX 30'	
8.00am	CARDIO TENNIS 60'	
	LES MILLS RPM 30'	
8.20am	LES MILLS BODYATTACK 45'	LES MILLS BODYATTACK 45'
9.10am	LES MILLS BODYPUMP 45'	LES MILLS BODYPUMP 45'
10.00am	PILATES 45'	LES MILLS BODYBALANCE 60'

Timetable effective from 18.01.21
 Timetable subject to change.
 Use GHRC App for up to date timetable.



Group Fitness Class *Information*



	DESCRIPTION	EXERCISE TYPE	INTENSITY
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
LES MILLS BODYCOMBAT	BODYCOMBAT is an empowering cardio workout inspired by martial arts. This fiercely energetic program draws from a variety of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.	Inspired by Martial Arts	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 CARDIO	High-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	Sports-Inspired Cardio	High
LES MILLS GRIT STRENGTH	A combination of short sharp exercises including weight lifting, running and plyometrics.	Weights-Based Strength & Cardio	High

	DESCRIPTION	EXERCISE TYPE	INTENSITY
PILATES	Pilates emphasises your body's core and develops your strength, flexibility and balance.	Core-Based Pilates	Low
LES MILLS RPM	High-intensity indoor cycling interval routine workout where you ride to the rhythm of powerful music.	Indoor Cycling Cardio	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