

# Group Fitness Class *Timetable*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.10am	LES MILLS GRIT ATHLETIC 30'	LES MILLS <i>sprint</i> 30'	LES MILLS RPM 45'		
5.30am				LES MILLS <i>sprint</i> 30'	LES MILLS BODYPUMP 30'
5.45am	PILATES 45' LES MILLS RPM 30'	LES MILLS BODYPUMP 45' LES MILLS <i>sprint</i> 30'	TABATA 45'	LES MILLS BODYATTACK 45'	LES MILLS RPM 45'
8.45am			SALSA DANCE 45'		
9.00am	LES MILLS BODYPUMP 30'	LES MILLS BODYATTACK 30'		LES MILLS <i>sprint</i> 30' LES MILLS BODYATTACK 30'	LES MILLS BODYPUMP 45' LES MILLS RPM 45'
9.35am	TABATA 45'	PILATES 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYBALANCE 60'	
9.50am	LES MILLS BODYBALANCE 60'				FIT COMBAT 45'
4.55pm	LES MILLS GRIT STRENGTH 30'	LES MILLS BODYPUMP 30'	PILATES 30'	LES MILLS GRIT ATHLETIC 30'	
5.30pm	LES MILLS BODYATTACK 45' LES MILLS RPM 45'	LES MILLS BODYBALANCE 45' LES MILLS RPM 30'	LES MILLS GRIT STRENGTH 30' LES MILLS RPM 45'	LES MILLS BODYPUMP 45' LES MILLS RPM 45'	LES MILLS BODYBALANCE 45'
6.05pm			LES MILLS BODYATTACK 30'		
6.25pm	LES MILLS BODYPUMP 45'	ZUMBA FITNESS 45'		ZUMBA FITNESS 45'	
6.30pm		CARDIO TENNIS 60'		CARDIO TENNIS 60'	
6.45pm			LES MILLS CORE 30'		
7.20pm		YOGA 60'			

	SATURDAY	SUNDAY
6.30am	LES MILLS <i>sprint</i> 30'	
7.05am	LES MILLS GRIT STRENGTH 30'	
7.20am	LES MILLS RPM 45'	
7.40am	LES MILLS CORE 30'	
8.00am	CARDIO TENNIS 60'	
8.20am	LES MILLS BODYATTACK 45'	LES MILLS BODYATTACK 45'
9.15am	LES MILLS BODYPUMP 45'	LES MILLS BODYPUMP 45'
10.10am	PILATES 45'	LES MILLS BODYBALANCE 45'

**Timetable effective from 13.10.21**  
 Timetable subject to change.  
 Use GHRC App for up to date timetable.



# Group Fitness Class *Information*



	DESCRIPTION	EXERCISE TYPE	INTENSITY
<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>LES MILLS BODYCOMBAT</b>	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
<b>LES MILLS CORE</b>	Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CORE is for you! CORE 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 CARDIO</b>	High-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	Sports-Inspired Cardio	High
<b>LES MILLS GRIT STRENGTH</b>	A combination of short sharp exercises including weight lifting, running and plyometrics.	Weights-Based Strength & Cardio	High
<b>LES MILLS GRIT ATHLETIC</b>	Focuses on improving your overall athletic performance through sports conditioning training.	Cardio	High

	DESCRIPTION	EXERCISE TYPE	INTENSITY
<b>PILATES</b>	Pilates emphasises your body's core and develops your strength, flexibility and balance.	Core-Based Pilates	Low
<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>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
<b>FIT BOX</b>	Fit Combat is a group fitness class that combines different martial art techniques for a fun cardiovascular workout.	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

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**

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