

GROUP FITNESS TIMETABLE

MAIN STUDIO 1 | OUTDOOR | GYM FLOOR

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 AM			Strength Development <small>LES MILLS</small>	HIIT 30			
6.00 AM	<small>LES MILLS</small> FUNCTIONAL STRENGTH	<small>LES MILLS</small> BODYPUMP 45 MINS OUTDOOR WARRIORS		TOTAL ABS	<small>LES MILLS</small> BODYPUMP 45 MINS		
7.00 AM						HIIT 30 (*G)	
7.30 AM	HEALTHY + ACTIVE		HEALTHY + ACTIVE		HEALTHY + ACTIVE		
8.30 AM	<small>LES MILLS</small> BODYSTEP	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYCOMBAT	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYSTEP	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYPUMP
9.30 AM	<small>LES MILLS</small> BODYPUMP HIIT 30 (*G)	<small>LES MILLS</small> BODYCOMBAT	<small>LES MILLS</small> BODYPUMP STRONG30 (*G)	<small>LES MILLS</small> BODYCOMBAT	HIIT 30 (*G)	<small>LES MILLS</small> BODYCOMBAT	<small>LES MILLS</small> BODYCOMBAT EXPRESS
10.30 AM						ZUMBA	
4.00 PM	STRONG30	HIIT 30		STRONG30 (*G)			
4.45 PM		<small>LES MILLS</small> BODYCOMBAT					
5.00 PM	<small>LES MILLS</small> BODYPUMP 45 MINS	STRONG30 (*G)	<small>LES MILLS</small> BODYPUMP 45 MINS OUTDOOR WARRIORS				
5.45 PM		<small>LES MILLS</small> BODYPUMP 45 MINS		<small>LES MILLS</small> BODYSTEP			
6.00 PM			HIIT 30				
6.45 PM		ZUMBA		Strength Development <small>LES MILLS</small>			

CYCLE STUDIO 2

5.30 AM	<small>LES MILLS</small> sprint	<small>LES MILLS</small> RPM			<small>LES MILLS</small> sprint		
6.30 AM			CYCLE 30				
7.30 AM					<small>LES MILLS</small> RPM		
8.30 AM						<small>LES MILLS</small> RPM	
9:00 AM				<small>LES MILLS</small> RPM			
9.30 AM	<small>LES MILLS</small> RPM	<small>LES MILLS</small> RPM	<small>LES MILLS</small> sprint		CYCLE 30		
5.00 PM			<small>LES MILLS</small> sprint				
5.15 PM	<small>LES MILLS</small> RPM EXPRESS						

MIND & BODY STUDIO 3

6.30 AM		YOGA				PILATES	
7.30 AM						BEGINNERS YOGA	
8.30 AM	RESTORATIVE YOGA		BEGINNERS YOGA		RESTORATIVE YOGA	YOGA	BEGINNERS YOGA
9.30 AM	PILATES	<small>LES MILLS</small> BODYBALANCE	YOGA	PILATES	BEGINNERS YOGA		YOGA
10.30 AM	YOGA	BEGINNERS YOGA	<small>LES MILLS</small> Shapes	STRETCH AND RELEASE	YOGA		
3.45 PM							
4.45 PM	PILATES		YOGA	BEGINNERS YOGA			
5.00 PM					STRETCH AND RELEASE		
5.45 PM	<small>LES MILLS</small> BODYBALANCE	PILATES	YOGA	PILATES	RESTORATIVE YOGA		

PLEASE NOTE:

(*G) classes are held on the Gym Floor.

See our app for instructor details and to stay up to date with class changes.

LES MILLS BODYBALANCE	55 MINS - Flexibility & strength are built using the best yoga, tai chi & Pilates. This mind & body experience is unique. It focuses on controlled breathing, concentration & stretching which will bring the body into a state of harmony & balance!
LES MILLS BODYCOMBAT	55 MINS - The ultimate workout with martial art, boxing & tai chi inspired fitness class. Unleash yourself in this fiercely energetic but fun non-contact class & fight your way to a new level of fitness! • * 30 MINS BODYCOMBAT Express – The Express format is a shorter 30-minute workout, offering a quick and effective way to get a great cardio and martial arts inspired workout.
LES MILLS BODYPUMP	55 MINS - The fastest way to burn body fat, tone & condition muscles, using weights that challenge all the major muscle groups. Compelling choreography & pumping music that will inspire you to achieve great results! 45MINS Express - a condensed, 45-minute version of the Les Mills BodyPump class, designed for those who want a full-body workout in a shorter timeframe.
LES MILLS BODYSTEP	55 MINS - Take on this class with the ultimate high energy cardio blast! Simple movements with an adjustable step that will leave you feeling invigorated & alive! Get into step with the cardio workout that will burn fat!
Strength Development <small>LES MILLS</small>	45 MINS - Whether new to lifting or a seasoned pro, LES MILLS STRENGTH DEVELOPMENT will build muscle, improve technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor.
LES MILLS FUNCTIONAL STRENGTH	45 MINS -This series of full-body workouts mixes multi-joint movements and loaded exercises to build athletic strength, increase muscle tone, and push you to get fitter and stronger for everyday life. The creative movement and structure mean that at the same time as building muscle, you lift your heart rate and improve athleticism and power. This is strength training like never before.
HIIT 30	30 MINS - Combination of traditional bodyweight exercises with HIIT training techniques to set the metabolism on FIRE! This is a 30min workout with all commands of work/rest intervals to give you quick results.
HEALTHY + ACTIVE	45 MINS - Low Impact workouts are gentler on the body, especially our joints, and can be a great way to improve balance, flexibility, endurance, and strength, while reducing the risk of injury. These low impact classes are 45mins and offer more individual attention for those that may need it.
YOGA	Restorative Yoga - 55 MINS for relaxation and restoration. A beautiful gentle practice characterised by long-held postures of a restorative nature. For calm, peace, and physical release. Beginners Yoga - 55 MINS A slow-paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries, or rehabilitation. Yoga general - 55 MINS Unites the body, mind & spirit & can help with align posture & increase range of movement. It increases flexibility, endurance, balance & promotes relaxation from stress. All levels welcome!
TOTAL ABS	30 MINS - A 30min core blasting workout for all levels that focus on toning and defining your abdominals. If you are looking to strengthen & improve core stability, this class is for YOU!
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LES MILLS Shapes	55 MINS - This is the workout you never knew you needed. An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. High energy, low impact, All the fun!
PILATES	55 MINS - Create core strength & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & shoulders. Suitable for all fitness levels!
LES MILLS RPM	45 MINS - 2x program options to choose from to get “The ultimate ride! LES MILLS RPM or CYCLE . A safe, motivational, cardio blast designed to get you into the zone FAST!!! Sweat your way through an inspirational challenge that is totally addictive that will get your pulse racing!
LES MILLS sprint	30 MINS - In just 30min SPRINT will challenge your physical and mental limits. A quick HIIT style of training that returns rapid results with minimal joint impact, pushing through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. Burning calories for hours after stepping off the bike.
CYCLE 30	Get in, gear up, and ride hard in this 30-minute freestyle cycling class. Burn calories, boost endurance, and have fun with instructor-led rides featuring sprints, climbs, and rhythm-based moves. Every session is unique and tailored for all fitness levels—you set the pace.
STRONG30	30 MINS - Combining strength-based exercises to get you strong! Guaranteed to push your performance to get results quick! This class caters for all fitness levels, are you up for a challenge? *Class held on BLUE TURF - GYM FLOOR
OUTDOOR WARRIORS	30 MINS - A form of body conditioning to increase strength, agility, speed and explosive power. Through a variety of outdoor exercises you will see big results & have fun in just 30mins, What are you waiting for? Are you ready? *Class held OUTDOORS
ZUMBA	45 MINS - Shape up and let out your inner star shine with vibrant, unique, and seriously hot but simple dance moves! Get in the fat burn zone without the “hard work” workout! The ultimate fun way to exercise!

REFORMER PILATES TIMETABLE

	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
REFORMER STUDIO	5.30 AM	STRENGTH	STRENGTH	HYBRID	MOVEMENT	HYBRID		
	6.30 AM	MOVEMENT	STRENGTH	HYBRID	MOVEMENT	STRENGTH		
	7.30 AM	HYBRID				HYBRID	MOVEMENT	
	8.30 AM		MOVEMENT		HYBRID		STRENGTH	STRENGTH
	9.30 AM		STRENGTH	MOVEMENT	STRENGTH	MOVEMENT	MOVEMENT	MOVEMENT
	10.30 AM	MOVEMENT		MOVEMENT		MOVEMENT		
	4.30 PM	STRENGTH	STRENGTH	HYBRID				
	5.30 PM	HYBRID	MOVEMENT	STRENGTH				

CLASS DESCRIPTION

MOVEMENT	55 MINS - A wonderful workout introduction to reformers. Balance, alignment, core strength and muscle tone are all worked on while using the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates and experts.
STRENGTH	55 MINS - Strength Pilates is a form of strength training that incorporates resistance training through body weight and other equipment such as small weights. Heavy springs, dumbbells & time under tension help build muscular strength stability, and endurance.
HYBRID	55 MINS - A workout that combines Reformer Pilates and strength training in the same session, which is an efficient way to boost your fitness, strength, and heart health all at the same time. A practice that combines Pilates actions that get your heart rate up with routines that are great for strengthening your muscles.

TRADING HOURS

Mon – Fri 5am – 8pm | Saturday 6am – 4pm | Sunday 8am – 12pm

BOOKINGS ARE ESSENTIAL

Please arrive with plenty of time to begin your class. Late arrivals may be **refused** entry to class.

Visit southportsharks.com.au/fitness-centre/ or our app for further info.

REFORMER
PILATES