

GROUP EXERCISE

Body Blast, Special Forces, starred Cycle classes, Chair Yoga and lunchtime SX classes are 45 minutes. ABC30, Technique and Smooth Cycle are 30 minutes. All other classes are 55 minutes.

TOP TIPS

Arrive 5 minutes early.
Bring a towel and drink.
Let the instructor know if you have any medical conditions.

No entry after warm up begins.

CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Classic Cycle	Virtual Cycle*	Power Cycle			
7am	Virtual Cycle*				Virtual Cycle*		
8am			Virtual Cycle			Classic Cycle	
9am		Virtual Cycle		Virtual Cycle		My Ride Live	Classic Cycle
9.30am			Virtual Cycle				
10am	Smooth Cycle				Virtual Cycle	Virtual Cycle	Virtual Cycle
11am							
12.30pm	Classic Cycle*	Virtual Cycle*	Smooth Cycle	Smooth Cycle	My Ride Live*		
4pm							Virtual Cycle
5.30pm	Power Cycle	My Ride Live	Classic Cycle	Classic Cycle	Virtual Cycle		
6.30pm	Classic Cycle		Virtual Cycle	My Ride Live			

AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	SX Enduro		Vinyasa Yoga		SX Boxfit		
6.30am		Hatha Yoga		Restorative Yoga			
7am					Technique		
7.30am	Flexibility		Flexibility	SX Enduro	Flexibility		
8.30am		Vinyasa Yoga		Chair Yoga	Meditation	SX Enduro	
9am							Hatha Yoga
9.30am	Zumba Toning	HiLo Combo	Zumba Lite	SX Enduro	Body Dynamics	Activ	
10.30am	Tone & Flex	Flexibility	Flexibility	Flexibility	50 Aero	SX Power	
11.30am			Meditation			SX Boxfit	
12.30pm	SX Enduro	Body Balance	SX Boxfit	Body Balance	SX Enduro		
1pm							Form+Function
4.30pm	Hatha Yoga			Vinyasa Yoga			SX Enduro
5.30pm	SX Enduro	Body Balance	SX Enduro	Zumba	Vinyasa Yoga		Body Dynamics
6.30pm	Yoga Beat	SX Boxfit	ABC30	Body Balance			
7pm			SX Power				
7.30pm	Bro-gi Yoga	Restorative Yoga					

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Circuit		Circuit		Circuit	
8.30am		Active Living		Active Living		
9am	Circuit		Circuit		Circuit	Special Forces
10am	Active Living	Active Living	Active Living	Active Living	Active Living	
11am	Active Living		Active Living		Active Living	
12.30pm		Special Forces		Body Blast		
2pm						
5.45pm	Body Blast	Special Forces	Body Blast	Special Forces		

CYCLE: STUDIO 1

SMOOTH CYCLE A great 30 minute introduction class to Cycle for those who have never cycled before or would just like a gentler class. Great for all ages and levels of fitness.

POWER CYCLE Using five coloured training zones linked to WattRate® (power) and Functional Threshold Power (FTP), our coaches guide the entire class through the same workout, while delivering a uniquely personal outcome to each participant.

CLASSIC CYCLE Working with the highs and lows, the beat and rhythm, and verse and chorus as their guide, our coaches will take you on a purely music driven workout as you've come to enjoy.

MY RIDE LIVE Guided by a stunning visual terrain, you will enjoy a Virtual Cycle outdoor riding experience that our coaches pre-plan and match with music to amplify your mood and energy.

VIRTUAL CYCLE With no coach present, your workout is guided through immersive technology, more options to train at your leisure.

AEROBICS: STUDIO 2

50 AERO More aerobic movements, more coordination and more mobility than the Active Living class. It is best that you have participated in an Active Living class before progressing to this class.

ABC30 Abs + Back = Core. A 30 minute core workout designed to target, isolate and strengthen your middle.

ACTIV Get moving with a blend of basic and athletic movements. Improve your range of movement and function. Great for weight loss. Low impact, but gets your heart rate up. Lots of repetitions.

BODY BALANCE Inspired by yoga, Tai Chi and pilates. Great for flexibility, toning, core strength and muscular endurance. Improves joint flexibility and range of motion.

BODY DYNAMICS A blend of yoga, pilates, stretching and body awareness. Core strength, flexibility, balance and muscular endurance.

BROGI YOGA A basic yoga created for both men and women.

CHAIR YOGA Accessible yoga from a seated position. 45 minutes.

FORM + FUNCTION Designed for you to warm up thoroughly before heading into a stretching adventure. You'll learn to appreciate and go to your edge, how to control your muscle movement, how to love strengthening and stretching.

FLEXIBILITY A dynamic flexibility class with simple stretching and postural focus. Great for increasing range of motion and mobility and releasing tension. Targets the whole body.

HATHA YOGA Strengthening and lengthening poses to improve strength and mobility.

HILO COMBO A fusion of floor, step, swiss ball and weighted exercises. Go at your own pace. Great for weight loss, body toning, and cardiovascular fitness.

MEDITATION Introspective, towards equanimity and self direction.

RESTORATIVE YOGA Practise using props so you can relax. Poses include gentle twists; back extension and seated forward folds.

SX BOXFIT Using techniques and drills from boxing training combined with cardio, Boxfit offers a total fitness session, suitable for all fitness levels including beginners.

SX ENDURO A range of weighted exercises combined with some challenging cardio routines, while getting the benefits of a more toned body. Great for muscle endurance, body toning and weight loss.

SX POWER A class that will challenge you every time – a different class plan each month to keep you on your toes. A perfect all over body workout with a core strengthening component.

TECHNIQUE Ask our trainer all of your questions about technique and structure of our SX Enduro and SX Boxing classes. A great way to learn what is involved and perfect your form!

TONE & FLEX Strength allows our bodies to hold posture and protects us from injury, and flexibility allows us to move about freely in our daily activities. This class will provide you with both of these key components.

VINYASA YOGA Focus inward, synchronise breath and movement – options ensure everyone can fully participate.

YOGA BEAT Free form yoga. Strong, varied and focussed.

ZUMBA A dance-fitness class that is friendly and fun. Great for weight loss, muscle toning and coordination. Total body workout.

ZUMBA LITE A little gentler for you, but it will still make you sweat!

ZUMBA TONING Targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves to tone all your target areas including arms, abs, glutes and thighs. Zumba Toning is the perfect way to sculpt your body naturally, while having a total blast.

CIRCUIT: STUDIO 3

ACTIVE LIVING Move it or lose it as they say! And if you've already lost it, come and regain it again. A circuit with cardio and coordination stations. Functional exercises to help with strength and mobility. Medical clearance required.

BODY BLAST Use your body to improve your body! Body weight and cardio based high intensity training session. 45 minute class.

SPECIAL FORCES Tyres, vipers, kettlebells, battleropes, sleds and deadballs will get your heart pumping and your muscles burning in this vigorous 45 minute full body workout.

CIRCUIT Cardio and strength exercises using equipment. Vary the intensity to suit your fitness level. Great for weight loss and strength, and increases stamina and cardiovascular fitness. A whole body workout.

GROUP EXERCISE

