



MAIN GROUP FITNESS STUDIO

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
9:00 AM								
9:15 AM								
10:00 AM							LES MILLS CXWORX	
10:15 AM			LES MILLS CXWORX		LES MILLS CXWORX			
10:30 AM								
12:15 PM		LES MILLS CXWORX		LES MILLS CXWORX		 45 MIN CLASS		
5:30 PM						LES MILLS CXWORX		
6:30 PM			LES MILLS CXWORX		LES MILLS CXWORX			
7:00 PM								

CYCLE STUDIO

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
8:00 AM								
10:00 AM								
12:15 PM								
5:30 PM								
6:00 PM								

BOOT CAMP TIMETABLE (INCLUDED IN BOOTCAMP MEMBERSHIP)

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM								
5:30 PM								
6:30 PM								

Call us!

Conon St: 03 218 8624

Dee St: 03 214 4688

• 56 Conon Street, Invercargill

• 438 Dee Street, Invercargill







Gym Staffed Hours:

Mon-Fri: 9:00am – 8:00pm

Sat: 9:00am – 12:00pm



FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LESMILLS BODYCOMBAT	60 mins	BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior.
 LESMILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 LESMILLS BODYSTEP	60 mins	BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.
 LESMILLS BODYBALANCE	60 mins	BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
 LESMILLS CXWORX	30 mins	CXWORX®, based on cutting-edge scientific research, is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.
 LESMILLS RPM	60 mins	RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.



Do you want results fast? Then Boot Camp is the answer! Military styled fitness training combines high intensity and heaps of motivation and support from your trainer. Boot Camp is the premium group training program for weight loss, reducing body fat, plus increasing strength and fitness. Plus, it's great FUN!

GET UNLIMITED ACCESS TO AS MANY OF OUR BOOT CAMP SESSION AS YOU LIKE WITH YOUR BOOT CAMP MEMBERSHIP!

CALL NOW TO BOOK FOR A FREE TRIAL!

*Premium service - Included in Boot Camp Membership