



MAIN GROUP FITNESS STUDIO

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

CYCLE STUDIO

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



AFX TIMETABLE (INCLUDED IN AFX MEMBERSHIP)

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



GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
LES MILLS 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.
LES MILLS 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!
LES MILLS 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...
LES MILLS 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.
LES MILLS BODYATTACK	60 mins	BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.
LES MILLS 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.
LES MILLS 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. Discover your athlete within - sweat and burn to reach your endorphin high.



AFX is the ultimate, results-driven, 45 minute functional fitness program brought to you by Advance Fitness. Based on HIIT, cardio and strength-based training principles, this team based, motivation packed training program will get you the results you want, FAST! We guarantee you'll love AFX!

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

CALL NOW TO BOOK FOR A FREE TRIAL!

*Premium service - additional fees apply



Force is based on proven functional training methods using a range of equipment for the ultimate full body workout. Increase your strength while pushing yourself to the limit through circuits and drills that include power bag, kettlebell, resistance band, and sled exercises.



Ignite your cardiovascular fitness and tone your core with dynamic and action-packed workouts. Ignite classes include bodyweight, HIIT and boxing workouts with an ab burning finisher! Feel energised while burning calories, increasing your stamina, and improving your core strength.



Synergy is the motivating team-based workout, helping you increase your fitness through a variety of goal orientated challenges. Achieve success with the support and encouragement from your coach and teammates.

5 DAY FREE PASS

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

GROUP FITNESS CLASSES OFFER A HIGH ENERGY, MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.

CLICK NOW TO CLAIM YOUR 5 DAY FREE PASS!

