

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	
9:15 AM					LES MILLS BODYPUMP			LES MILLS GRIT
10:00 AM							LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
12:15 PM						LES MILLS BODYPUMP 45 MIN CLASS		
5:00 PM			LES MILLS BODYSTEP					
5:15 PM					LES MILLS BODYSTEP 45 MIN CLASS			
5:30 PM	LES MILLS BODYATTACK			LES MILLS BODYCOMBAT				
6:00 PM		LES MILLS CORE			LES MILLS CORE			
6:30 PM	LES MILLS BODYPUMP			LES MILLS BODYPUMP	LES MILLS GRIT			
7:00 PM					LES MILLS BODYBALANCE			

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	
12:15 PM			LES MILLS sprint		LES MILLS sprint			
5:15 PM		LES MILLS sprint						
5:30 PM			LES MILLS RPM	LES MILLS sprint	LES MILLS RPM			

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 CORE	30 mins	LM CORE®, 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. LM CORE® will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.
LES MILLS GRIT	30 mins	LES MILLS GRIT™ Series – High-intensity interval training workouts will increase your aerobic capacity and accelerate fat burning while building strength, muscular endurance and power. With every workout, you'll work more muscle tissue and keep calories burning for hours longer than with traditional training. Pregnant women are not permitted to participate in Grit.
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.
LES MILLS sprint	30 mins	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

**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!**

