

### MAIN GROUP FITNESS STUDIO

| TIME     | DAY | MONDAY                                      | TUESDAY                                   | WEDNESDAY                                   | THURSDAY                                  | FRIDAY | SATURDAY                    | SUNDAY                                    |
|----------|-----|---|---|---|---|--------|-----------------------------|---|
| 6:00 AM  |     |   | <b>LES MILLS BODYPUMP</b><br>45 MIN CLASS |   | <b>LES MILLS BODYPUMP</b><br>45 MIN CLASS |        |                             |   |
| 9:00 AM  |     |   |   |   |   |        | <b>LES MILLS BODYPUMP</b>   | <b>LES MILLS BODYSTEP</b><br>30 MIN CLASS |
| 9:30 AM  |     |   |   |   |   |        |                             | <b>LES MILLS BODYPUMP</b><br>30 MIN CLASS |
| 10:00 AM |     |   |   |   |   |        | <b>LES MILLS BODYCOMBAT</b> | <b>LES MILLS BODYBALANCE</b>              |
| 5:15 PM  |     | <b>LES MILLS BODYCOMBAT</b><br>45 MIN CLASS | <b>LES MILLS BODYSTEP</b><br>45 MIN CLASS | <b>LES MILLS BODYCOMBAT</b><br>45 MIN CLASS | <b>LES MILLS BODYSTEP</b><br>45 MIN CLASS |        |                             |   |
| 6:00 PM  |     | <b>LES MILLS BODYPUMP</b>                   | <b>LES MILLS CORE</b>                     | <b>LES MILLS BODYPUMP</b>                   | <b>LES MILLS CORE</b>                     |        |                             |   |
| 6:30 PM  |     |   | <b>LES MILLS BODYBALANCE</b>              |   | <b>LES MILLS BODYBALANCE</b>              |        |                             |   |

### CYCLE STUDIO

| TIME     | DAY | MONDAY                  | TUESDAY                 | WEDNESDAY               | THURSDAY                | FRIDAY               | SATURDAY             | SUNDAY |
|----------|-----|-------------------------|-------------------------|-------------------------|-------------------------|----------------------|----------------------|--------|
| 6:00 AM  |     | <b>LES MILLS RPM</b>    |                         | <b>LES MILLS RPM</b>    |                         | <b>LES MILLS RPM</b> |                      |        |
| 8:00 AM  |     |                         |                         |                         |                         |                      | <b>LES MILLS RPM</b> |        |
| 12:15 PM |     |                         | <b>LES MILLS sprint</b> |                         | <b>LES MILLS sprint</b> |                      |                      |        |
| 5:15 PM  |     | <b>LES MILLS sprint</b> |                         | <b>LES MILLS sprint</b> |                         |                      |                      |        |
| 5:30 PM  |     |                         | <b>LES MILLS RPM</b>    |                         | <b>LES MILLS RPM</b>    |                      |                      |        |

## GROUP FITNESS CLASSES

| CLASS                                  | LENGTH         | DESCRIPTION   |
|--|----------------|---|
| <b>LES MILLS</b><br><b>BODYCOMBAT</b>  | 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.                        |
|  | 45 mins        | BODYCOMBAT® Express is a 45-minute express format. Participants still achieve a full-body combat workout from the express format, working the upper and lower body with a mix of boxing, Tae Kwon Do, Muay Thai, and a conditioning track.  |
| <b>LES MILLS</b><br><b>BODYPUMP</b>    | 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!   |
|  | 45 and 30 mins | BODYPUMP® Express 45 and 30-minute express formats. Participants still have the opportunity to work large and small muscle groups in these formats. Achieving that full body weights workout.   |
| <b>LES MILLS</b><br><b>BODYSTEP</b>    | 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...   |
|  | 45 and 30 mins | BODYSTEP® Express 45 and 30-minute express formats. Provide a combination of strength and mobility together with a cardio hit.  |
| <b>LES MILLS</b><br><b>BODYBALANCE</b> | 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.                            |
| <b>LES MILLS</b><br><b>CORE</b>        | 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. |
| <b>LES MILLS</b><br><b>RPM</b>         | 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.  |
| <b>LES MILLS</b><br><b>sprint</b>      | 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.         |

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FREE  
PASS**

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**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!**

