

# TWEEN GROUP FITNESS

Commencing  
April 2024

## GROUP EXERCISE ROOM

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.50am				<b>LES MILLS BODYATTACK</b>		8.25AM START
8am					<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS CORE</b> *
9am					<b>LES MILLS BODYSTEP</b>	
11am			4PM START		<b>LES MILLS BODYBALANCE</b>	
4.15pm	<b>LES MILLS BODYATTACK</b>		<b>BOXING</b> *			
5pm		<b>LES MILLS BODYATTACK</b> #	<b>LES MILLS CORE</b> *			
5.30pm		<b>LES MILLS CORE</b>				

Timetable key (All classes are 60 minutes except where # or \* is noted)    # 30 minute class    \* 45 minute class

### **LES MILLS BODYATTACK**

This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter.

### **LES MILLS BODYSTEP**

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

### **LES MILLS CORE**

CORE is the ultimate science backed core workout that builds strength, stability and endurance, focussing on core definition and sports performance. This 30 minute workout tones and conditions your abs, glutes and back, and improves posture and movement control.

### **LES MILLS BODYBALANCE**

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

### **Boxing**

Boxing utilises all components of functional fitness training to gain improvements in muscular and cardiovascular endurance. In this class you will use pads and gloves we recommend bringing your own if you have some.

### **LES MILLS BODYCOMBAT**

This high energy program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, strike, punch, kick and kata your way through calories to superior cardio fitness.