

# TWEEN GROUP

# FITNESS

Commencing  
September 2022

## GROUP EXERCISE ROOM

	MONDAY	TUESDAY	THURSDAY	SATURDAY	SUNDAY	
7.55am					<b>LES MILLS BODYATTACK</b> + #	7.55am
8am				<b>LES MILLS BODYCOMBAT</b> +		8am
8.25am					<b>LES MILLS CORE</b> + #	8.25am
9am				<b>LES MILLS BODYSTEP</b> +		9am
11am				<b>LES MILLS BODYBALANCE</b> +		11am
4.15pm	<b>LES MILLS BODYATTACK</b> + *	<b>CIRCUIT</b> + #	<b>BOXING</b> + #			4.15pm

Timetable key (All classes are 60 minutes except where # or \* is noted) + Guardian attendance required # 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 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.

### 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.

### 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.

### Boxing

Boxing utilises all components of functional fitness training to gain improvements in muscular and cardiovascular endurance while also maintaining a high level of aerobic and anaerobic conditioning. Fun and enjoyment using pads and gloves in a group environment.

### Circuit

Enjoy a range of different exercises safely with the assistance of our qualified personal trainer to help make sure you are moving correctly.