

Aqua Jetty Tween Membership Group Fitness

Tween

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am					LES MILLS BODYATTACK			5.50am
8am						LES MILLS BODYCOMBAT		8am
8.30am							LES MILLS CORE *	8.30am
9am				LES MILLS CORE #		LES MILLS BODYSTEP		9am
9.15am	LES MILLS BODYSTEP		LES MILLS BODYATTACK *					9.15am
9.30am				LES MILLS BODYSTEP	LES MILLS BODYCOMBAT			9.30am
10.15am		LES MILLS CORE *						10.15am
11.10am						LES MILLS BODYBALANCE		11.10am
4pm				Boxing *				4pm
4.15pm	LES MILLS BODYATTACK *							4.15pm
5pm		LES MILLS BODYATTACK #		LES MILLS CORE *				5pm
5.30pm		LES MILLS CORE #						5.30pm
6pm	LES MILLS BODYSTEP							6pm
7pm			 ZUMBA					7pm

See Reception to scan in for classes. Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Class Descriptions

Aerobics

Boxing	Includes 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.
Les Mills Body Attack	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 Body Balance	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 Body Combat	This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories.
Les Mills Body Step	A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout.
Les Mills CORE	Tone and conditions your abs, glutes and back, and improve posture and movement control. Utilising weight plates and body weight exercises like crunches, planks and hovers.
Zumba	Combining Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training.