

# Tween Membership

## Group Fitness

**Tween**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.50am					<b>LES MILLS BODYATTACK</b>			5.50am
8am						<b>LES MILLS BODYCOMBAT</b>		8am
8.30am							<b>LES MILLS CORE</b> *	8.30am
9am						<b>LES MILLS BODYSTEP</b>		9am
11.10am						<b>LES MILLS BODYBALANCE</b>		11.10am
4pm				Boxing *				4pm
4.15pm	<b>LES MILLS BODYATTACK</b> *							4.15pm
5pm		<b>LES MILLS BODYATTACK</b> #		<b>LES MILLS CORE</b> *				5pm
5.30pm		<b>LES MILLS CORE</b> #						5.30pm

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	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
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 Combat	This intensely 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. Supported by driving music, strike, punch, kick and kata your way through calories to superior cardio fitness.
Les Mills Body Step	In a BODYSTEP workout you can expect 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! Don't worry, there's heaps of options so that everyone leaves feeling successful.
Les Mills CORE	Formerly known as CXWORX, LES MILLS 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. A short, effective workout, LES MILLS CORE utilises weight plates and body weight exercises like crunches, planks and covers, and is also great for balance and injury prevention.