Aqua Jetty Tween Membership

Commencing
23 November 2026

Group Fitness

Tween

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am					LesMills BODYATTACK			5.50am
8am						LesMills BODYCOMBAT		8am
8.45am					9.05AM START	9.05AM START	LesMills CORE *	8.45am
9am				LesMills CORE #	New LesMills BODYCOMBAT	New LesMills BODYSTEP		9am
9.15am	LesMills BODYSTEP		LesMills BODYATTACK *					9.15am
9.30am				LesMills BODYSTEP				9.30am
10.15am		LesMills CORE *						10.15am
11.10am						LesMills BODYBALANCE		11.10am
4pm				Boxing *				4pm
4.15pm	Cardio Blitz *							4.15pm
5pm		LesMills BODYATTACK #		LesMills CORE *				5pm
5.30pm		LesMills CORE #						5.30pm
6pm	LesMills BODYSTEP							6pm
7pm			ZUMBA					7pm

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Class Descriptions

Boxing	Includes functional fitness training to gain improvements in muscular and cardiovascular endurance while also maintaining a high level of aerobic and anaerobic conditioning, using pads and gloves.
Cardio Blitz	A fun energetic workout for all fitness levels with a mix of easy to follow cardio intervals, functional movements and motivating music to get your heart rate up and leave you feeling strong and energised.
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	An energetic program inspired by martial arts and draws from 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.