

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	FX30				FX30		
6:30 AM	FX30	YOGA		YOGA	FX30		
8:30 AM						FX30	
9:00 AM						FX30	
9:30 AM	LES MILLS BODYATTACK	LES MILLS CXWORX	FX30	LES MILLS BODYJAM	FAT BURNER	ZUMBA	LES MILLS RPM
10:00 AM		LES MILLS RPM	FX30				
10:30 AM	LES MILLS BODYPUMP		LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS RPM		
11:30 AM	FIT & FAB	STRENGTH for life 50+	FIT & FAB	STRENGTH for life 50+	FIT & FAB		
12:30 PM		FIT & FAB	STRENGTH for life 50+				
5:30 PM	LES MILLS BODYSTEP			FX30	METAFIT		
6:00 PM				FX30			
6:30 PM	STRONG by ZUMBA	FAT BURNER	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
7:00 PM							
7:30 PM	YOGA	LES MILLS BODYJAM	YOGA FUSION	LES MILLS RPM			

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
AUSTRALIA DAY	MONDAY 27 TH JANUARY	7AM - 6PM	NO CLASSES
ADELAIDE CUP DAY	MONDAY 9 TH MARCH	7AM - 6PM	NO CLASSES

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30 AM	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	DEEP AQUA	AQUA AEROBICS		
8.15 AM	AQUA AEROBICS	DEEP AQUA	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
8.30 AM						AQUA AEROBICS	
12.30 PM	AQUA AEROBICS	DEEP AQUA	AQUA AEROBICS	DEEP AQUA	AQUA AEROBICS		
6.45 PM	AQUA AEROBICS	AQUA AEROBICS	AQUA EXPRESS	AQUA AEROBICS			
7.30 PM		DEEP AQUA		DEEP AQUA			

UP TO **3** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET A TICKET

UP TO **5** MINUTES AFTER CLASS STARTS = LAST CHANCE TO GET IN

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

CLASS DESCRIPTIONS

AQUA AEROBICS	AQUA AEROBICS will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
DEEP AQUA	DEEP AQUA High intensity cardio workout with participants suspended in the water with a flotation belt.
AQUA EXPRESS	AQUA EXPRESS is a 30 min class that will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (30mins).
LES MILLS BODYATTACK	BODYATTACK Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor (55mins / 45mins).
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
LES MILLS BODYSTEP	BODYSTEP is the energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning system into high gear followed by muscle conditioning tracks that shape and tone your body (55mins / 45mins).
LES MILLS BODYPUMP	BODYPUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
LES MILLS RPM	RPM is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team and coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your inner athlete (45mins).
LES MILLS CXWORX	CXWORX is the ultimate 30 minute workout to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, and "slings" connecting the upper and lower body CXWORX will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level (30mins).
LES MILLS BODYJAM	BODYJAM is a guided workout to a series of easy-to-master choreography and when you put it all together, get a full body workout through varied styles of dance set to the latest music tracks.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.
YOGA	YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
STRENGTH for Life 50+	The Strength for Life program promotes health and well-being amongst people over 50, and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers.
FIT AND FAB	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
YOGA FUSION	A freestyle class that incorporates a fusion of yoga and pilates. Perfect for improving your joint flexibility, strength and core.
FAT BURNER	A great mix of aerobic exercises from low to medium intensity, focused on increasing heart rate in the fat burning zone.

GROUP FITNESS TIMETABLE

JAN - MAR 2020

OPENING HOURS

MON - THU	5.30AM - 9.00PM
FRIDAY	5.30AM - 8.00PM
SAT - PUBLIC HOLIDAYS	7.00AM - 6.00PM
SUNDAY	9.00AM - 5.00PM

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