


GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		FX30		FX30			
7:30 AM						FX30	
8:30 AM							
9:30 AM	LES MILLS BODYPUMP	 ZUMBA	FAT BURNER	STEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	
10:30 AM	PILATES	ABS & STRETCH	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	CARDIO BOXING		
10:30 AM	STRENGTH for life 50+				STRENGTH for life 50+		
11:30 AM	FIT AND FABULOUS	STRENGTH for life 50+	FIT AND FABULOUS	STRENGTH for life 50+	FIT AND FABULOUS		
5:00 PM				PURSUIT			
5:30 PM	LES MILLS BODYBALANCE		LES MILLS BODYPUMP	PURSUIT	LES MILLS BODYPUMP		
6:00 PM		FX30					
6:30 PM	 ZUMBA	ABS, BUTT & THIGHS		 ZUMBA	FX30		
6:30 PM			SCULPT				
7:15 PM		YOGA					

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	AQUA		AQUA		AQUA	AQUA	
8:00 AM		AQUA		AQUA			
8:30 AM	AQUA		AQUA		AQUA		
1:00 PM	AQUA	AQUA	AQUA	DEEP AQUA	AQUA		
2:00 PM			STRENGTH FOR LIFE AQUA		STRENGTH FOR LIFE AQUA		
6:45 PM	AQUA	DEEP AQUA	AQUA	AQUA			

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
LABOUR DAY	MONDAY - 02 OCT 2023	CLOSED	NO CLASSES

3 Up to **3 minutes** after class starts = Last chance to get a ticket

5 Up to **5 minutes** after class starts = Last chance to get in

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

Due to instructor availability classes are subject to change without notice. For the most up to date timetable please visit our website. View timetable online WWW.PLAYFORAQUADOME.COM.AU

CLASS DESCRIPTIONS

ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
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).
LES MILLS BODYBALANCE	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi & meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm.
LES MILLS BODYPUMP	BODY PUMP 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).
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
DEEP AQUA	DEEP AQUA High intensity cardio workout with participants suspended in the water with a flotation belt.
FIT AND FABULOUS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
ABS, BUTT & TIGHTS	ABT stands for abs, butt and thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
PURSUIT	30 minutes of HIIT (High Intensity Interval Training) on a bike. Intense bursts of energy for sprints and climbs with rests in between that prepare you for the next effort. A short and intense class that will burn calories for hours.
SCULPT	A moderate intensity freestyle workout that combines cardiovascular training and muscle toning. Using a variety of exercises to shape and tighten the whole body. Suitable to all ages and fitness levels.
STEP	A step workout with a muscle conditioning segment to help you activate both your cardiovascular system and strength. Burn fat, tones muscle and always includes an awesome core finisher!
STRENGTH for life 50+	The Strength for Life offers individualised programs written by our Exercise Physiologists for both our gym and hydrotherapy classes, which are supervised by our accredited instructors.
STRENGTH FOR LIFE AQUA	The Strength for Life offers individualised programs written by our Exercise Physiologists for both our gym and hydrotherapy classes, which are supervised by our accredited instructors.
YOGA	Combination of gentle movement/poses that will help develop flexibility, range of movement & create balance between your body and mind. Suitable for the elderly participant.
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.



Group Fitness Timetable

OCT - DEC 2023

Opening Hours

MON - FRI	5:30AM - 8:00PM
SATURDAY	7:00AM - 5:00PM
SUNDAY	9:00AM - 5:00PM
PUBLIC HOLIDAY	10:00AM - 4:00PM
GYM	24/7

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