



## SPORTS HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	HIGH ENERGY	YOGA	HIGH ENERGY	YOGA	HIGH ENERGY		
7:10 AM						LES MILLS BODY PUMP	
7:30 AM					STEP		H.I.I.T*
8:30 AM	CARDIO & CONDITIONING	BARRE	H.I.I.T*	DANCE, ABS, GLUTES & STRETCH	CARDIO & CONDITIONING		YOGA
9:30 AM	LES MILLS BODY PUMP	PILATES	LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10:30 AM	PILATES		PILATES	POWER YOGA	ZUMBA		
11:30 AM	GENTLE EXERCISE			GENTLE EXERCISE			
6:05 PM		PILATES	LES MILLS BODY PUMP				
6:30 PM	HIGH ENERGY						

**Note:** All classes are 45 minutes, except for Yoga & Gentle Exercise classes, which are 60 minutes.

**H.I.I.T\*** - What does H.I.I.T stand for? High Intensity Interval Training

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	CYCLE	LES MILLS SPRINT	CYCLE	CYCLE	LES MILLS SPRINT		
8:30 AM				CYCLE	CYCLE	LES MILLS RPM	
9:30 AM	CYCLE	LES MILLS SPRINT					

**Note:** All classes are 45 minutes, except for Les Mills Sprint, which are 30 minutes.

## HEALTH CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20 AM		STRENGTH (ADAVANCE)		STRENGTH (ADAVANCE)			



## THE ZONE – SMALL GROUP TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:50 AM		STRENGTH (BEGGINER / INTERMEDIATE)		STRENGTH (BEGGINER / INTERMEDIATE)			
7:40 AM		STRENGTH (BEGGINER / INTERMEDIATE)		STRENGTH (BEGGINER / INTERMEDIATE)			
10:30 AM	LOW INTENSITY CIRCUIT		LOW INTENSITY CIRCUIT				
4:30 PM						CORE & RECOVERY	LIFT & SWEAT
5.45 PM	LIFT	SWEAT	LIFT	BOXING	LIFT & SWEAT		







**Note:** All classes are 45 minutes

## 139 ARTARMON ROAD COMMUNITY HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15 AM	TAI CHI						

**Address:** Cnr of Artarmon Road and Tindale Road

### KEY:

	<b>Cardio Classes:</b> Focus on building endurance and improving cardiovascular health.
	<b>Body &amp; Mind Classes:</b> Improve flexibility, core strength, mindfulness, and body awareness.
	<b>Strength Classes:</b> Focus on increasing overall strength through targeted resistance exercises.
	<b>High Intensity Classes:</b> Fast-paced, dynamic classes designed to push your limits and improve fitness.
	<b>Low Intensity Classes:</b> Gentle, low-impact classes that are easy on the joints and perfect for older adults.
	<b>Dance Classes:</b> Move to the beat with fun, rhythm-based classes that combine fitness with dance moves.

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