

CLASSIC MEMBERSHIP	M	T	W	T	F	S	S
				06:30AM SPIN	06:30AM SPRINT	8:00AM PILATES	
		9:30AM YIN YOGA		9:30AM PILATES		9:00AM SPIN	9:30AM SPRINT
	5:30PM BODY PUMP					10:00AM BODY PUMP	10:15AM BODY PUMP
	6:30 PM PILATES	5:30PM SPRINT	6:00PM YOGA	6:00PM BODYPUMP		11:15AM Retrosweat	
	6:30PM SPRINT	6:15PM BODYPUMP	6:30PM SPIN	7:00PM Retrosweat	6:30PM STEP Adv.	12MIDDAY KICKBOXING	
	7:00PM BOXING	7:15PM YOGA	7:30PM ZUMBA				

TEAM TRAINING MEMBERSHIP	M	T	W	T	F	S	S
	07:00AM HIIT PILATES	07:00AM HIIT	06:30AM OUTDOOR	07:00AM HIIT	07:00AM HIIT		
						08:00AM 10Rounds	
	12:30PM HIIT		12:30PM HIIT		12:30PM HIIT	09:00AM HIIT	
		5:30PM HIIT	5:30PM HIIT PILATES	6:00PM HIIT			
	6:30PM HIIT	6:30PM 10Rounds	6:30PM HIIT				

SMALL GROUP PT MEMBERSHIP	M	T	W	T	F	S	S
	06:15AM SPARTAN	06:15AM STRENGTH	06:30AM OUTDOOR	06:15AM STRENGTH	06:15AM XTRAINING		
						09:00AM STRENGTH	
		12:30PM STRENGTH		12:30PM STRENGTH		09:45AM STRENGTH	
						10:30AM XTRAINING	
		5:30PM STRENGTH	6:00PM STRENGTH	5:30PM XTRAINING			
6:30PM XTRAINING	6:30PM STRENGTH	7:00PM MOVEMENT	6:30PM STRENGTH				

**BODY PUMP:** the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body fast. One of the world's fastest ways to get in shape.

**YOGA:** Open Yoga classes integrating postures, breathing and meditation. Yoga Flow classes offer a more dynamic style of Yoga, combining breath and movement

Yin Yoga is slow-paced style of yoga with postures that are held for longer periods.

**PILATES:** A series of exercises based on the work of Joseph Pilates aimed at strengthening and lengthening muscles. Get ready to transform into a new, more balanced, straighter you.

**SPIN:** a fantastic heart-pumping workout on a stationary bike. You will climb, sprint and ride your way through 45mins to great music.

**LES MILLS SPRINT:** 30min HIIT STYLE Cycle class. All the benefits of HIIT without the impact on the joints

**RETROSWEAT:** Working out is pure pleasure and joy when you're getting hot 'n' heavy with David Bowie, The Pointer Sisters, Prince or The Police! The authentic freestyle aerobics workout! Members only (casual visits book via the Retrosweat website)

**ZUMBA:** A mix of low and high-intensity moves for an interval-style, calorie-burning dance fitness party to latin rhythms!

**STEP** Remember all the step moves from the nineties? Around the world? Indecision? Find them all here in a high intensity, high choreography workout!

**BOXING:** Real boxing, pad work, bag work and conditioning drills. Kick-boxing is a Muay Thai style kick-boxing workout.

**TEAM HIIT:** 30mins, HIGH Intensity Interval Training – spice up your training, use equipment like kettlebells, dumbbells, medballs and TRX suspension – fast, fun and motivating, Outdoor training is held at Bat n' Ball Oval, Moore Park.

**HIIT PILATES:** Take your pilates up a level and combine heart pumping cardio with toning and strengthening pilates moves.

**10-Rounds:** Hiscoes signature HIIT Boxing Circuit (Held in Boxing Studio)

OUR SMALL GROUP TRAINING SESSIONS are groups of 2-8 people and emphasise functional weight-training. Sessions are 45mins and you can expect similar benefits to personal training. Join as a small group training member and HIIT is included.

**STRENGTH:** Predominately weight training sessions for getting stronger and toning muscle. Ideal for experienced exercisers who have plateaued as well as beginners.

**X-TRAINING:** A powerful mix of cardio & weights in a single session for fast results. Workouts change every session to keep you motivated.