

# GROUP FITNESS TIMETABLE

## MAIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM			CARDIO BOXING				
8.00 AM						LES MILLS BODYBALANCE	YOGA
8.10 AM		FIT & FABULOUS			FIT & FABULOUS		
8.30 AM	SCULPT			SCULPT			
9.00 AM					CARDIO BOXING	LES MILLS BODYPUMP	
9.30 AM	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYPUMP	BARRE			LES MILLS BODYPUMP
10.00 AM				LES MILLS BODYPUMP	TABATA		
10.30 AM	PILATES	PILATES	YOGA	ZUMBA fitness			PILATES
11.00 AM					PILATES	YOGA	
11.30 AM			PILATES	YOGA			
11.45 AM	PILATES						
3.30 PM						ZUMBA fitness	
4.30 PM				DANCE FITNESS			
5.30 PM	BARRE	LES MILLS BODYPUMP	ZUMBA fitness	PILATES	ZUMBA fitness		
6.30 PM	LES MILLS BODYCOMBAT	BARRE	CARDIO BOXING	BARRE			
7.30 PM	ZUMBA fitness	MIND & BODY YOGA					

## CYCLE STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM		CYCLE		CYCLE			
8.00 AM						CYCLE	
6.00 PM	CYCLE	PURSUIT					
6:30 PM			CYCLE				

## REFORMER PILATES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9.00 AM			BASIC				
10.00 AM	BASIC	BASIC					
5.00 PM				BASIC			

## FUNCTIONAL TRAINING

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.45 AM	FX30	FX30		FX30	FX30		
6.20 AM	FX30	FX30		FX30	FX30		
7.00 AM						FX30	
8.15 AM						FX30	FX30
8.50 AM						FX30	FX30
9.30 AM	FX30		FX30				
10.00 AM	ABT		ABT				
12.30 PM		FX30					
6.00 PM	FX30	ABT	FX30	FX30			
6.45 PM		FX30					

## POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8.30 AM	AQUA AEROBICS		AQUA AEROBICS				AQUA AEROBICS
9.00 AM		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS	
9.30 AM	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS
10.00AM		AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS	
7.00 PM	AQUA AEROBICS		AQUA AEROBICS				

## UPCOMING PUBLIC HOLIDAYS

DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
AUSTRALIA DAY	MONDAY 27 <sup>TH</sup> JANUARY	8AM-6PM	9:30AM 9:30AM	AQUA AEROBICS BODY PUMP

View timetable online [WWW.LANECOVEAQUATIC.COM.AU](http://WWW.LANECOVEAQUATIC.COM.AU)

We also have 1-hour ongoing Reformer Pilates classes available.

Please check [WWW.LANECOVEAQUATIC.COM.AU/REFORMERPILATES/](http://WWW.LANECOVEAQUATIC.COM.AU/REFORMERPILATES/) for more details.

# CLASS DESCRIPTIONS

AQUA AEROBICS	Great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
BARRE	A 45 minute class using a Ballet Barre, BARRE mixes Dance, Pilates & Yoga for a total body workout.
REFORMER BASIC	Reformer pilates involves the use of a pilates reformer machine to give more intense and dynamic workout than mat based Pilates. 30 Minute introductory classes free for all member. No booking required.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
CYCLE	An indoor cycling class set to the rhythm of motivating music.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
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.
ABT	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.
LES MILLS BODYBALANCE	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi and meditation. This class helps to lengthen muscle, release tension and leave you with an overall sense of balance and calm.
LES MILLS BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories and is suitable for all fitness levels.
LES MILLS BODYPUMP	Pre-choreographed Les Mills class performed to fun music uses barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Suitable for all ages and fitness levels.
DANCE FITNESS	Dance Fitness is a 1 hour choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!
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.
FIT & FABULOUS	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.
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.
MIND & BODY YOGA	Ideal for those seeking stress relief while simultaneously promoting strength, fitness and balanced energy levels. A broad holistic class designed to promote the union and integration of Mind and Body. Our classes are informative, co-operative, explorative and fun.
ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.
YOGA	Combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
TABATA	Tabata consists of short, intense periods of aerobic exercises & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness level.

# GROUP FITNESS TIMETABLE

JAN - MAR 2020

## OPENING HOURS

Monday - Thursday	5.30am - 10.00pm
Friday	5.30am - 9.00pm
Saturday - Sunday	6.00am - 6.30pm
Public Holidays	8.00am - 6.00pm