

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	VIRTUAL HIIT	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP	VIRTUAL HIIT
6:30 AM			CARDIO BOXING		VIRTUAL HIIT		
7:00 AM	VIRTUAL YOGA	VIRTUAL HIIT		CORE			
8:00 AM	LES MILLS BODYATTACK		FIT AND FABULOUS	VIRTUAL PILATES	FIT AND FABULOUS		YOGA
9:00 AM		PILATES			LES MILLS BODYPUMP	LES MILLS BODYPUMP	
9:30 AM	LES MILLS BODYPUMP		LES MILLS BODYPUMP	BARRE			LES MILLS BODYBALANCE
10:00 AM					YOGA	PILATES	
10:30 AM	PILATES	PILATES	YOGA	ZUMBA			LES MILLS BODYPUMP
11:00 AM					PILATES	YOGA	
11:30 AM	DANCE FIT	CARDIO BOXING	PILATES	YOGA			
12:00 PM					PILATES		LES MILLS BODYATTACK
12:30 PM			LES MILLS BODYATTACK				
1:00 PM				LES MILLS BODYBALANCE		LES MILLS BODYATTACK	
4:00 PM		DANCE FIT				ZUMBA	LES MILLS BODYCOMBAT
4:30 PM	VIRTUAL PILATES		CORE				
5:30 PM	BARRE	LES MILLS BODYPUMP	DANCE FIT	PILATES	ZUMBA	CORE	
6:30 PM	LES MILLS BODYCOMBAT	PILATES	LES MILLS BODYBALANCE	CARDIO BOXING	LES MILLS BODYBALANCE		
7:15 PM				DANCE FIT			
7:30 PM	CORE	YOGA	VIRTUAL YOGA		LES MILLS BODYCOMBAT		
8:00 PM	VIRTUAL YOGA			VIRTUAL YOGA			

CYCLE STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	VIRTUAL SPIN	SPIN	VIRTUAL SPIN	SPIN	VIRTUAL SPIN		
8:00 AM						VIRTUAL SPIN	VIRTUAL SPIN
9:00 AM	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN	VIRTUAL SPIN		
11:00 AM	VIRTUAL SPIN		VIRTUAL SPIN				
12:00 PM		VIRTUAL SPIN		VIRTUAL SPIN	VIRTUAL SPIN		
5:30 PM	VIRTUAL SPIN			VIRTUAL SPIN		VIRTUAL SPIN	VIRTUAL SPIN
6:00 PM		SPIN	VIRTUAL SPIN		VIRTUAL SPIN		
6:30 PM	VIRTUAL SPIN			VIRTUAL SPIN			

FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	FX30	FX30	FX30	FX30	FX30		
6:30 AM	FX30	FX30		FX30	FX30		
7:30 AM						FX30	FX30
8:15 AM						FX30	FX30
9:00 AM						FX30	FX30
9:30 AM	FX30						
10:15 AM	ABT						
12:30 PM		FX30					
6:00 PM	FX30	ABT	FX30	FX30			
6:30 PM				TABATA			
6:45 PM	FX30	FX30	ABT				

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM		AQUA			AQUA		
8:30 AM	AQUA						AQUA
9:00 AM		AQUA	AQUA	AQUA	AQUA		
9:30 AM	AQUA						AQUA
10:00 AM		AQUA	AQUA	AQUA	AQUA		
11:00 AM						AQUA	
6:30 PM	AQUA						
7:00 PM	AQUA		AQUA				

MIND & BODY							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 AM							REFORMER
9:00 AM	REFORMER		REFORMER			REFORMER	
9:30 AM					REFORMER		REFORMER
10:00 AM	BASIC	BASIC	BASIC				
10:30 AM			BASIC		BASIC		BASIC
11:00 AM			BASIC				
6:00 PM		REFORMER					
6:30 PM	REFORMER						
7:00 PM		REFORMER					

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.LANECOVEAQUATIC.COM.AU

CLASS DESCRIPTIONS

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.
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).
BARRE	A 45 minute class using a Ballet Barre, BARRE mixes Dance, Pilates & Yoga for a total body workout.
LES MILLS BODYATTACK	BODY ATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
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 BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira & other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories & is suitable for all fitness levels.
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.
LES MILLS CORE	Is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
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!
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.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
HIIT	High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest.
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.
REFORMER	Reformer Pilates involves the use of a Pilates reformer machine to give a more intense and dynamic workout than mat based Pilates. 30 minute introductory classes free for all members.
SPIN	An indoor cycling class set to the rhythm of motivating music.
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.
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.
 ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.
 VIRTUAL CLASSES	When you see this icon the class is a virtual class.

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

Group Fitness Timetable

OCT - DEC 2023

Opening Hours

Monday - Friday
Saturday - Sunday
Mon - Sun (Gym Only)
Public Holiday

5.30am - 9.00pm
6.00am - 6.30pm
24/7
8.30am - 6.00pm