



**EXCLUSIVE**  
*Wellness & Fitness*

**1-31 OCT, 2024**  
**CLASS TIMETABLE**



## 01. DANCE STUDIO

TIME	MON	TUE	WED	THUR	FRI
06:30-07:30	Pilates	Functional Mobility Gidraf	Yoga Dr. Seema Sharma	Pilates	Yoga Dr. Seema Sharma
07:45-08:45	Legs,Bums + Tums Brighton	Pilates	Dance + Move Meshack	Shape + Tone Kobi	HIIT + CORE Matthew
09:00-09:45	CORE - Nation				CORE - Nation
10:00-11:00	POWER Yoga Chris	Body Conditioning Gidraf	Vinyasa Yoga Chris	Step Eric	Legs,Bums + Tums
15:30-16:45	Calisthenics & Power Bands Bryan		Calisthenics & Power Bands Bryan		Calisthenics & Power Bands Bryan
17:00-17:50	Legs,Bums + Tums	Shape + Tone Ken	Flow Yoga Ashray	Pilates	Vinyasa Yoga Chris
18:00-18:50	Fighting Fit Kevin	Step Eric	Zumba Meshack	Step Eric	Fighting Fit Wayne
19:00-19:50	Pilates	Yoga Dr Seema Sharma	Taebo Kevin	Rebounding Ashray	Dance + Move Meshack
20:00-20:45	CORE - Nation				CORE - Nation

<b>SATURDAY</b>	8:00 - 8:45	Yoga Dr. Seema Sharma	11:30 - 12:30	HIIT - Full Body		
<b>SUNDAY</b>	15:00 - 15:45	HIIT - Boxing				

## 02. RIDE STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT
07:30-08:15	Beginners Spin		Interval Spinning		Race Day	
09:30-10:15	Rhythm Riding (Fred)	Cadence Beat	Cadence Beat	Cadence Beat	Cadence Beat	Pedal 60 (Fred)
13:00-13:45					Rhythm Riding (Fred)	
17:00-17:45						
18:00-18:45	Cadence Beat	Rhythm Riding (Fred)	Recovery Class (Fred)	Rhythm Riding (Fred)	Rhythm Riding (Fred)	

\*Minimum number for a class - 1 member



**03. RUMBLE** **NEW** **UPGRADED VENUE**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:30-07:30	Total Fitness	Body Blazer	Fat Burner	Cardio Boxing	Total Fitness		
09:00-10:00							Body Blazer
10:00-11:00	Body Blazer	Cardio boxing	Total Fitness	Body Blazer			
17:45-18:45	Cardio Boxing	Fat Burner	Cardio boxing	Total Fitness	Cardio Boxing		
19:00-20:00	Total Fitness	Body Blazer	Fat Burner	Body Blazer	Fat Burner		

**04. CROSS TRAINING** **NEW** **UPGRADED VENUE**

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:00 - 07:15	Road to Fitness	Off the hook	Max Fit	Road to Fitness	Max Fit		
08:00-09:00	Off the hook	Slow Burn	Road to Fitness	Max Fit	Off the hook	HIIT it up (9:30am)	
12:30-13:30	Slow Burn	Road to Fitness	Off the hook	Max Fit	Road to Fitness		
17:00-17:45	SandBag & Slam Ball	Battle Ropes	Core Nation	Kettlebell	Battle Ropes		
18:00-19:00	Road to Fitness	Slow Burn	Off the hook	Road to Fitness	Off the hook		
19:30-20:30	Slow Burn	Off the hook	Road to Fitness	Max Fit			

\*Minimum number for a class - 1 member





## 05. SWIMMING POOL

TIME	MON	TUE	WED	THUR	FRI	SAT
09:00-10:00					Aqua Fitness Joy	
10:00-11:00		Aqua Aerobics Donnex				Aqua Fit Camp Donnex (10:15 - 11:15)

NOTE:

- \* Social - 3 middle lanes available at all times
- \* Want to learn to swim? Speak to a life guard and become watersafe. Make a booking today.

## 06. ORIENTATION - NEW AND ADVANCED TRAINERS

TIME	MON - FRI	SAT - SUN
09:00-10:00	Beginners	Beginners (10:00 - 11:00)
10:00-11:00	Advanced	Advanced (11:00 - 12:00)

TIME	MON - FRI	SAT - SUN
15:00-16:00	Beginners	Beginners
16:00-17:00	Advanced	Advanced

## 07. STRETCH CLASS

TIME	MON - FRI	
All Day	FREE FOR ALL MEMBERS	Any Instructor Any Day
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\*Minimum number for a class - 1 member





## **ARENA CLASSES**

RUMBLE	Kickboxing class involving a combination of technique training, cardio, pad work, boxing mannequins & functional body weight movements.
CARDIO BOXING	Basic boxing class combined with bodyweight workouts to enhance cardio fitness.
BODY BLAZER	Kickboxing class integrated with plyometric bodyweight exercises.
TOTAL FITNESS	High intensity Rumble class with plyometric exercises to improve strength and cardio fitness.
FAT BURNER	Creative kickboxing class designed to make you burn calories & sweat!
FIGHTING FIT	High energy martial arts inspired to get fit fast and strong for all fitness levels.
ROW & CUT	Low impact rowing class with low to medium intensity bodyweight exercises.
HIIT SQUAD	A HIIT & Run class centred on competing with a friend/partner.
HIIT & BURN	HIIT workout made up of weight training, a variety of cardio equipment and other training equipment.
CARDIO BLAST	Creative work out that ensures maximum results with high energy output.
TAEBO	Incorporates martial arts techniques such as kicks and punches. This Class uses the motions of martial arts at a rapid pace designed to promote fitness.
CROSS TRAINING	Combination of weight training, cardio and core exercises.
SLOW BURN	Foundational class on the techniques of functional movements.
ROAD TO FITNESS	Short, medium intensity workouts for mastering functional movements.
MAX FIT	High-intensity functional workouts with AMRAP & EMOM elements.
OFF THE HOOK	Creative functional exercises to make you fit.
BURN & SHRED	Combination of weight training, cardio equipment, kickboxing & functional body weight movements to make you burn calories & improve cardio fitness.
ORIENTATION	<b>Beginner</b> - Correct posture technique and the use of toning equipments (machines) <b>Advanced</b> - Free weight training technique (use of Barbell, Dumbbell, Kettlebell and Bar)
STRETCH CLASS	A recovery class tends to enhance flexibility and muscle relaxation and healing.
CORE FLOW YOGA	Focuses on strengthening the core area, spinal integrity, control in movement and improve posture
HIIT IT UP	A high intensity interval training where winners are recognised



## Dance Studio

<b>Aerobics body toning</b>	High energy exercises to burn fat & improve body tone.
<b>Body Conditioning</b>	Energetic class combining cardio or resistance work with a range of exercise techniques.
<b>Body Sculpt</b>	Toning class focused primarily on core and body muscle strength.
<b>Burn &amp; Shred</b>	HIIT Class focused on calorie burning, performance and conditioning.
<b>Dance &amp; Move</b>	Choreographed dance for weight loss.
<b>Ashtanga Yoga</b>	It's the union of eight limbs of Yoga into one complete holistic system
<b>Legs, Bums &amp; Tums</b>	Total body aerobic workout targeting the legs, bums & the abdominal area.
<b>Pilates</b>	Low-impact exercise aiming to strengthen muscles, improve postural alignment, core strength & balance.

<b>Power Yoga 1</b>	Beginner yoga that emphasizes on strength and flexibility using different poses.
<b>Shape &amp; Tone</b>	Work different body parts through multiple exercise approaches like circuit training and light to moderate weight training modalities.
<b>Vinyasa Yoga</b>	Yoga flow that moves from one pose directly into the next, improving energy levels, promoting relaxation, endurance and strength.
<b>Yogilates</b>	A fusion of yoga poses & pilates sequences for strengthening the body.
<b>Pump Class</b>	Sculpt and strengthen your entire body using low weight loads and high repetition movements.
<b>Zumba</b>	Join this dance party to a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast & slow rhythms.

## RIDE STUDIO

<b>Rhythm Riding</b>	Moments of high intensity interval training to the beat.
<b>Cadence Beat</b>	Terrain-based technique class that focuses on cadence, climbs and sprints.
<b>Pedal 60</b>	Strength and cardio endurance by the rhythm of the music.
<b>PiYo</b>	Combo class combines benefits of Pilates, Yoga + low impact cardio
<b>Rebounding</b>	Does wonders for weight loss, tones whole body + tightens waistline
<b>Flow Yoga</b>	Builds strength in your CORE and upper and upper bod which enhances posture

## SWIMMING POOL

<b>Aqua aerobics</b>	Resistance training following a series of aerobic moves in the pool.
<b>Aqua fit camp &amp; Aqua Fitness</b>	Exercises that enhance physical and mental health.