

GROUP EXERCISE TIMETABLE STUDIO ONE & CYCLE STUDIO



TIMETABLE UPDATED 3RD OF FEBRUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM			HIIT 45	LES MILLS BODYPUMP 60	HIIT 60		
			JONO	ROWIE	CORY		
6.00AM	SPIN 45		SPIN 45		SPIN 45		
7:30AM	KATE	YOGA 60	ROWIE	YOGA 60	ROWIE		
8.00AM		FIONA		FIONA		LES MILLS BODYPUMP 60	
						RAKAPA	
9.00AM	YOGA 60			YOGA 60	PILATES 60		LES MILLS BODYPUMP 60
	RICO			FIONA	ABBY		ROWIE
9.15AM						HIIT 60	
10.15AM				STUDIO 1 UNAVAILABLE 10:30AM-11:30PM		JONO	SPIN 45
9:15AM						SPIN 45	ROWIE
12:15PM		SPIN 30				ROWIE	
10:30AM		KATE				YOGA 60	
						RICO	
10:30AM						WATER BASED TRAINING 60	
12:30PM			YOGA 60			ROWIE	
			FIONA				
4:30PM	YOGA 45						
	AMANI						
5:30PM	LES MILLS BODYPUMP 60	Konga 60	PILATES 60	BOX HIIT 60			
	RAWINIA	AMANDA	ABBY	CORY			
5:30PM	SPIN 45	SPIN 45	SPIN 45				
	JONO	JONO	CORY				
6:45PM	ZUMBA gold 45	STUDIO 1 UNAVAILABLE 6:45PM-7:45PM	YOGA 60	ZUMBA 45			
	KIYO		RICO	KIYO			

Due to instructor availability, classes & instructors may be replaced at short notice. We apologise for any inconvenience.

Child minding hours:

Monday - Friday 9.00am - 10.15am & 10.30am - 11.30am

\$2 per child per session

CALL 8950 7706 TO BOOK - MAX 48 HOURS AHEAD

AGES 6 MONTHS - 8 YEARS

Splash Cafe: 12pm - 5pm Mondays to Sundays

Gym Staffed Hours 8am - 6pm Monday to Friday

Saturday: 7.30am - 1.30pm, Sunday: 8:30am - 1:30pm

Casual visits strictly ONLY during staffed hours

P: 08 8950 7706

W: www.lassetershealthclub.com.au

E: healthclub@lasseters.com.au

Group Exercise classes are fun, motivating & help you get results much faster than working out alone. If you would like to find out more about how our classes fit into your fitness program, have a chat to one of our instructors or Health Club staff.

Please arrive to 10-15 minutes early to ensure your place in class and enjoy the full experience from warm-up, through the workout to cool-down!

BODYPUMP – *with Rakapa, Rawinia & Rowie*: The original barbell class that strengthens and tones your entire body. This sixty-minute workout challenges all your major muscle groups, will burn calories, increase core strength, improve bone health and tone your entire body fast.

BOX HIIT – *with Cory*: High Intensity Interval Training with a twist – a hit of boxing. Usually coached as a circuit style class incorporating primal movements, high intensity exercises and boxing with a partner for an incredibly fun, challenging workout.

GYM SESSION – *with one of our Personal Trainers*: The Gym Session isn't a workout, but an informative session with PT on how to get started with the cardio and pin-loaded equipment in the gym and provides an opportunity to ask questions about training. Please note these sessions are limited to 10 people per session on a first in, first serve basis.

HIIT – *with Cory, Jono & Laura*: High Intensity Interval Training has been designed to achieve results fast. An efficient calorie burning class where each exercise is different, keeping your workouts interesting and maximising your results.

KONGA – *with Amanda*: A combination of Dance, Kickboxing, Strength and Plyometric movements set to music. Konga is an easy-to-follow, low complexity and high intensity dance-based class, suitable for all ages & fitness levels and it's a lot of fun!

PILATES – *with Abby*: A mat-based Pilates workout which is a low-impact muscular strength & endurance class with a focus on flexibility, mobility, core strength and muscular balance.

SPIN & RPM – *with Cory, Jono, Kate & Rowie*: Participants follow a leader on a stationary bike as the instructor takes you through a journey set to uplifting music great for cardio training and lower body muscular fitness.

YOGA – *with Amani, Fiona & Rico*: Each class will both strengthen and rejuvenate you through the selection and order of body postures. Challenge your strength, balance, flexibility and the mind whilst you work through long, strong holds and fast transitions with the opportunity to progress towards challenging Yoga poses. At the end of each class, time is set aside for relaxation; a state in which the body comes into stillness and the mind is quiet, alleviating stress and anxiety.

ZUMBA & ZUMBA GOLD – *with Jessika & Kiyō*: A modified version of the original Zumba class, Zumba Gold is tailored to beginners, seniors and those that want to keep active and have fun at the same time! Step it back in time a little bit with some old school classic tunes!