

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.10am 50 Spin Fit	6.10am 30 LES MILLS GRIT   STRENGTH	6.10am 45 LES MILLS BODYPUMP	6.10am 30 LES MILLS GRIT   CARDIO	6.10am 45 LES MILLS BODYPUMP	8.10am 45 Aqua Fit	9.15am 55 LES MILLS BODYPUMP
	6.10am 45 LES MILLS BODYCOMBAT	6.40am 30 LES MILLS CORE	8.00am 30 LES MILLS barre	6.10am 45 LES MILLS RPM	8.00am 55 LES MILLS BODYBALANCE	8.10am 60 LES MILLS RPM	9.15am 50 Spin Fit
	9.15am 55 LES MILLS BODYPUMP	9.15am 55 LES MILLS BODYBALANCE 9.15am 50 Spin Fit	9.15am 55 LES MILLS BODYPUMP	9.15am 30 LES MILLS barre	9.15am 50 Spin Fit	8.10am 30 LES MILLS GRIT   STRENGTH 8.40am 30 LES MILLS CORE	10.30am 55 LES MILLS BODYBALANCE
	10.30am 55 Fit 4 Life	10.30am 45 LES MILLS SH'BAM	10.30am 55 Strong 4 Life	10.00am 45 Pilates	9.15am 45 LES MILLS BODYPUMP	9.15am 55 LES MILLS BODYCOMBAT 10.30am 45 LES MILLS BODYPUMP	11.45am 45 LES MILLS SH'BAM

AFTERNOON	1.10pm 30 LES MILLS SH'BAM	1.10pm 45 LES MILLS BODYPUMP	1.10pm 45 LES MILLS BODYBALANCE	1.10pm 45 LES MILLS BODYPUMP	1.10pm 30 LES MILLS BODYCOMBAT	2.45pm 55 LES MILLS BODYBALANCE	2.45pm 30 LES MILLS barre
	4.30pm 45 LES MILLS BODYBALANCE	4.45pm 55 LES MILLS BODYCOMBAT	4.15pm 30 LES MILLS barre	4.45pm 45 LES MILLS BODYBALANCE	4.30pm 45 LES MILLS BODYPUMP		

EVENING	5.30pm 30 LES MILLS CORE	5.45pm 55 LES MILLS BODYPUMP	5.00pm 45 Pilates	5.45pm 55 LES MILLS BODYPUMP	5.30pm 45 LES MILLS BODYCOMBAT	 <p><b>FRIENDS</b> HEALTH &amp; FITNESS</p> <p><b>GROUP FITNESS TIMETABLE</b> Effective from 15 March 2021</p> <p>Download timetable: <a href="http://friendshealthandfitness.com.au">friendshealthandfitness.com.au</a></p> <p>Timetable varies on Public Holidays. Class descriptions on the next page.</p>	
	6.00pm 30 LES MILLS GRIT   CARDIO		6.00pm 30 LES MILLS GRIT   STRENGTH				
	6.00pm 45 LES MILLS RPM	6.00pm 45 LES MILLS RPM	6.30pm 30 LES MILLS CORE	6.00pm 45 Aqua Fit			
	6.40pm 45 LES MILLS BODYPUMP	7.00pm 45 LES MILLS BODYBALANCE	7.10pm 30 LES MILLS SH'BAM	7.00pm 30 LES MILLS barre			

## CLASS DESCRIPTIONS



All highlighted classes with the 'play' symbol are virtual classes. Classes are led by the world class team that create the choreography. Feel the energy through the screen in a non-intimidating environment.

### SMARTSTART

First time trying a class? We understand it can be overwhelming to get started with group fitness. That's why we use the Les Mills Smart Start initiative. You can complete the first 4 tracks (20 minutes) of a Les Mills class and leave after that. Come back next time and add an extra track until you're doing the entire class. Speak to the instructor prior to the class and they'll tell you everything you need to be successful 😊

#### **LES MILLS** **BODYCOMBAT**

Step into BODYCOMBAT™ to punch and kick your way to fitness with a high-calorie burn. This high-energy martial-arts inspired workout is totally non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. Release stress, have a blast and feel like a champ.

#### **LES MILLS** **GRIT** | STRENGTH

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

#### **LES MILLS** **GRIT** | CARDIO

LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

#### **LES MILLS** **BODYBALANCE**

BODYBALANCE™ is a yoga-based class, drawing inspiration from tai chi and pilates. It uses a range of movements and motion to set music that will improve your mind, body and your life. Improves joint flexibility & range of motion, tones & shapes, enhances mental wellbeing.

#### **LES MILLS** **CORE**

CXWORX™ is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, oblique's and "slings" connecting upper and lower body. CXWORX™ will leave you looking and feeling strong.



A group cardio workout on adjustable stationary bikes simulating various terrains using a range of work and rest intervals.

#### **LES MILLS** **RPM**

RPM™ is a 45 minute indoor cycling routine workout where you ride the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trails and interval training.

#### **LES MILLS** **BODYPUMP**

DYPUMP™ is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories, increases strength & endurance, tones & shapes and helps maintain bone health.

#### **LES MILLS** **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

#### **LES MILLS** **barre**

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights



A class for those wanting a low impact workout. Focusing on cardio, strength, balance, mobility, flexibility and relaxation.



A class for those wanting a low impact workout. Focusing on a strength-building based circuits, incorporating, bodyweight, hand weights, resistance bands, cardio, balance, mobility, flexibility and relaxation.



A mat-based general body conditioning class that often uses fit balls, resistance bands and hand weights to develop core stability and strengthen postural muscles.



Due to the buoyancy of the water this is a virtually impact-free cardio workout, significantly reducing stress on the joints and muscle soreness.