

0		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6.10am 45	6.10am 50	6.10am 45	6.10am 45	6:10am 30	8.10am 45	9.15am 55	
	Spin Fit	Tri Fit	LES MILLS BODYPUMP	Spin Fit	metafit.™ BODYWEIGHT TRAINING	Aqua	LES MILLS BODYPUMP	
	6.10am 45				6:40am 30	8.10am 45	9.15am 45	
	LES MILLS BODYPUMP				Tone Fit	Spin Fit	Spin Fit	
	9.15am 45	9.15am 45	9.15am 45	9.15am 45	9.15am 45	8.15am 30	10.30am 55	
	Spin Fit	LES MILLS BODYPUMP	Tri Fit	LES MILLS BODYPUMP	Spin Fit	metafit.™ BODYWEIGHT TRAINING	LES MILLS BODYBALANCE	
9.15am 45					8.45am 45	3.30pm 75		
Pilates					Step Fit	Gentle Yoga		
10.15am 55	10:15am 55	10.30am 55	10.15am 60	10.00am 60	9.15am 60			
Fit 4 Life	LES MILLS BODYBALANCE	Fit 4 Life	Pilates	Yoga	Tri Fit			
EVENING	4.30pm 45	4.30pm 60	5:00pm 45	5.15pm 30				
	Circuit Fit	Yoga		metafit.™ BODYWEIGHT TRAINING				
	5.30pm 30	6.00pm 45	Pilates	5.45pm 45	5:30pm 60			
	metafit.™ BODYWEIGHT TRAINING	LES MILLS BODYPUMP		LES MILLS BODYPUMP	Tri Fit			
	6.00pm 55	6.30pm 45	6.00pm 30	6.30pm 45				
LES MILLS BODYBALANCE	Aqua	Spin Fit	Aqua					
6.00pm 45								
Spin Fit								



GROUP FITNESS TIMETABLE

**** Effective from 19 April 2022 ****

Download timetable:

friendshealthandfitness.com.au

Class descriptions on the next page.

Timetable varies on Public Holidays and other special days.

CLASS DESCRIPTIONS

POP UP CLASSES: Keep your eye on Facebook for any class changes that may occur and look out for class of the week promotions, featuring some of the new classes.

TIMETABLE – SUBJECT TO CHANGE

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TIMETABLE – SUBJECT TO CHANGE</p>	<p>Enjoy a wide variety of Group Fitness and Mind Body classes at Hobart's friendliest gym.</p>	 <p>Les Mills Bodypump™ is a pre-choreographed weights class that burns calories while toning your entire body. Using light to moderate weights using the barbell with lots of repetition. If you enjoy strength and resistance training, then this is the perfect class for you.</p>	 <p>Group training at its best! Enjoy cardio and strength training to challenge your entire body. Targeting functional movement, using lots of different equipment, with plenty of variety to keep you on your toes. Expect battle ropes, Kettlebells, weights and much, much more.</p>	 <p>A fun, gentle, circuit style class for those wanting a low impact workout. Classes aim at improving participant's mobility, balance and overall health and wellbeing. Improve physical fitness and strength and achieve a better quality of life while focusing on cardio, strength, balance and flexibility.</p>	 <p>The ultimate workout to build fitness, power and strength. Enjoy the best of both worlds as we build cardio fitness on the bike (20 mins), followed by pump (20 mins) and then capped off with core conditioning (15 mins). Join in for the lot or just drop in for the weights and core workout. This total body workout will get you moving and feeling your body like you never have before.</p>	 <p>This fun non-impact workout supports the body while reducing stress on the joints. The impact of gravity decreases in the water allowing a greater range of motion and reducing strain on the heart by moving blood around the entire body. Splash, float and bounce your way to wellness with this fun water-based workout.</p>	 <p>Metafit™ is a bodyweight, high-intensity interval training (HIIT) workout. This military inspired workout focuses on efficient and effective exercises. Change your resting metabolism and work big muscle groups with simple un-choreographed moves. Metafit™ is the original metabolic workout that just keeps working!</p>			
	 <p>This aerobics style class will tone your glutes and legs while increasing endurance using step equipment. Step to the rhythm of the music and enjoy creative and dynamic moves, choreographed to high energy music, giving you a great calorie burn with our incredible Step queen.</p>	 <p>Spin Fit is a fast-paced cycling class aimed for you to feel the burn. This cycling class is a non-impact cardio workout that will see you riding, sprinting, climbing and smiling all the way. Burn calories, build strength, and have fun along the way as we ride as a team to enjoy the ultimate workout on 2 wheels.</p>	 <p>This abs, butts and thighs strengthening class is aimed to increase core strength, shape and tone your muscles. A combination of strength enhancing, and muscle toning exercises will target common problem areas to deliver results. Combine exercises for your abs, butt and thighs for one great workout.</p>	<p>MIND BODY CLASSES</p>				 <p>Gentle yoga is essentially what it sounds like—a gentler style of yoga practice. This 75-minute class allows for nourishing movement at a slower pace. Drop in and enjoy extended time for slow movement, meditation, yogic breath work, and relaxation.</p>	 <p>A core-centric class to improve posture, coordination and balance. Pilates incorporates slow controlled movement to strengthen and condition the core while focusing on alignment. Walk away feeling more stable with a greater body awareness.</p>	 <p>Stretch the body and clear the mind. Take time in your day to nourish yourself with revitalising movement. Yoga builds strength, flexibility, relaxation and concentration. Walk off the mat feeling relaxed and refreshed!</p>