

Group fitness timetable

31 MARCH, 2025

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		45 min Spin Larry		45 min Spin Rachel			
8.00am	30 min UFO Omid		30 min UFO Omid		60 min UFO Omid	45 min Spin Rachel	
8.00am						45 min Bar Omid	
8.30am	30 min UFO Omid		30 min UFO Omid				
9.00am	45 min Sculpt Pilates Omid	60 min Pilates Omid		60 min Pilates Omid	45 min Sculpt Pilates Lily	30 min Les Mills CORE Holly	
10.30am						45 min Les Mills BodyBalance Ming	
12.00pm	60 min Les Mills BodyBalance Nicole	45 min Les Mills BodyPump Nicole		45 min Les Mills BodyPump Nicole	60 min Les Mills BodyBalance Ming		
4.30pm	45 min Les Mills BodyPump Nicole	45 min Spin Omid	45 min Sculpt Pilates Lily	45 min Spin Larry	60 min Les Mills BodyPump Matt		60 min Les Mills BodyBalance Nicole
5.30pm	60 min Dynamic Flow Yoga Nicole	30 min Les Mills CORE Holly	60 min Les Mills BodyPump Nicole	60 min Les Mills BodyBalance Ming	30 min Les Mills CORE Holly		
6.15pm	60 min Boxing Dion		60 min Boxing Dion				
6.30pm			60 min Slow Flow Yoga Nicole				

*The number in the top left corner of the class box indicates length of class in minutes.

* Please book classes via our online portal up to 22 hours in advance.

High Performance Centre

Strength and conditioning timetable

Summer Timetable							
TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	H.I.I.T		G.A.C		H.I.I.T		
7.00am		FEMALE BUILD		FEMALE BUILD			
8.00am						G.A.C	
12.00pm	H.I.I.T	BUILD	G.A.C	BUILD	H.I.I.T		
1.00pm					HYROX		
4.15pm	H.I.I.T	BUILD	G.A.C				
5.15pm	H.I.I.T	BUILD	G.A.C	BUILD			

BUILD

BUILD is designed to strengthen and develop the movements we use in daily life. This training includes compound lifts, free weights, gymnastic exercises, and aerobic routines. Functional strength training is an excellent way to tone the entire body and is beneficial for everyone. Join us Tuesdays and Thursdays.

FEMALE BUILD

FEMALE BUILD removes the intimidation from weight training, providing a safe and inclusive space for women of all ages to learn the fundamentals in a supportive and friendly environment.

G.A.C

GAC blends short and long interval training with extended aerobic base-building sessions to enhance endurance and stamina, all while preserving muscle and keeping your metabolism active.

H.I.I.T

HIIT classes feature high-intensity interval training to boost cardiovascular fitness, burn fat, and improve strength. Short bursts of intense exercises followed by brief rest periods make for an efficient, full-body workout.

HYROX

HYROX-style sessions are high-intensity, full-body workouts combining running, rowing, and functional exercises. Designed to challenge endurance, strength, and speed, they offer a motivating environment for all fitness levels to improve performance.

Hobart operating hours

Members access

Monday – Friday: 5.00am–12.00am

Staffed Hours

Monday – Friday: 8.00am–9.00pm

Saturday: 7.45am–10.45pm



Scan here
to learn more

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LES MILLS CORE

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and “slings” connecting the upper and lower body. This workout will leave you looking good and feeling strong.

LES MILLS BODYBALANCE

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

LES MILLS BODYPUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

Bar

High Intensity Interval Training workout, design to improve strength, cardiovascular fitness and help to build lean muscle. The workout is a combination of barbell, weight plates, and body weight exercise.

Pilates

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

Boxing

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battle ropes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus.*

**For hygiene purposes all participants must wear cotton gloves during the BOXING class. Inners are available from reception for a minimal fee.*

Spin

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on hills, flats, mountain peaks, speed work and interval training!

Slow Flow Yoga/Dynamic Flow Yoga

Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.

UFO

A resistance-based exercise program for people over 50.

Sculpt Pilates

A dynamic, low-impact mat Pilates session focused on maximising bodyweight exercises to sculpt and tone your physique.

Scan here
to learn more

