

Group Fitness Timetable

Effective from 24th February

TIME	MON	TUE	WED	THUR	FRI
7:30am		45 min STRETCH & STRENGTHEN Ange			30 min CORE Aaron
12:00pm		45 min LES MILLS BODYPUMP Cody		45 min H.I.I.T Aaron	45 min BUILD Aaron
6:05pm	45 min CORE Aaron/Karen	45 min H.I.I.T Karen	45 min LES MILLS BODYPUMP Cody	45 min BOXING Karen	45 min YOGA Louise

*Please head to our website to book into sessions 90 minutes prior

BOXING

A boxing/circuit style class that combines boxing combinations with MMA style conditioning. An overall conditioning class with a boxing focus.

**For hygiene purposes, participants must wear cotton gloves. Inners are available for a minimal fee.*

BUILD

BUILD is designed to strengthen and develop the movements we use in daily life. This training includes compound lifts, free weights, and aerobic routines. Functional strength training is an excellent way to tone the entire body!

CORE

A low Impact option for strengthening of the core and lower body. This class focuses to improve posture, prevent injury, and enhance overall strength using correct form

H.I.I.T

High intensity interval training. Guaranteed to make you work! Including dynamic movements, weights and cardio.

LES MILLS BODYPUMP

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

STRETCH & STRENGTHEN

Build strength, improve flexibility and enhance mobility. A low intensity yet effective option to improve your body's movement and recovery. Combining elements of Pilates, yoga, deep stretching and strength training.

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.

Launceston Operating Hours

Members Access: Mon - Sun: 5.00am – 12.00am

Staffed Hours: Mon - Fri: 9.00am – 6.00pm

Scan here
to learn more

