

GROUP FITNESS TIMETABLE

GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		LES MILLS BODYPUMP	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP		LES MILLS BODYBALANCE VIRTUAL	
7.15am							LES MILLS BODYPUMP VIRTUAL
8.15am						LES MILLS BODYPUMP 45	LES MILLS BODYSTEP
9.00am				meta PWR		LES MILLS CXWORX 30	
9.30am	LES MILLS BODYPUMP	meta PWR	LES MILLS BODYPUMP 45	9.45AM STRETCH YOGA	CIRCUIT 45		LES MILLS CXWORX 30
10.00am						LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE
10.15am		SMALL GROUP SWISS BALL					
10.30am	YOGA		STRETCH AND FLEX				
10.45am		tone		tone	10.50AM STRETCH AND FLEX		
12.00pm	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL		LES MILLS BODYPUMP VIRTUAL 45
12.30pm						LES MILLS SH'BAM VIRTUAL 45	
4.00pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS CXWORX VIRTUAL 30		
5.30pm	LES MILLS BODYPUMP	tone	LES MILLS BODYSTEP	BOXING			LES MILLS CXWORX VIRTUAL 30
6.30pm			LES MILLS BODYPUMP VIRTUAL				
7.00pm	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL					

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS.		RELENTLESS.	LES MILLS BODYBALANCE	RELENTLESS.		
9.30am		SQUATS AND TOTS (HELD AT WAVES)					
5.30pm	RELENTLESS.		RELENTLESS.		SPARTAN		
6.30pm	PILATES			YOGA			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	LES MILLS sprint 30		LES MILLS RPM		LES MILLS RPM		
7.00am		LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			
7.15am						LES MILLS RPM VIRTUAL	
8.00am						LES MILLS sprint 30	LES MILLS RPM VIRTUAL
9.30am	SPINNING.	LES MILLS RPM	LES MILLS RPM VIRTUAL	LES MILLS RPM	SPINNING.	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
12.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30pm	LES MILLS RPM	LES MILLS sprint 30	LES MILLS RPM	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL 30	LES MILLS RPM VIRTUAL 30

AQUA AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am	AQUA SPLASH		AQUA SPLASH				
9.30am	ABSOLUTE AQUA	AQUA SPLASH	ABSOLUTE AQUA	ABSOLUTE AQUA	AQUA SPLASH		
10.30am	LITE AQUA	ABSOLUTE AQUA	LITE AQUA		ABSOLUTE AQUA		
6.15pm		6.30PM ABSOLUTE AQUA					
7.00pm			BIRTHFIT AQUA				

All RPM classes 45mins* **KEY**  Indicates 30mins in class  Indicates 40mins in class  HIIT Classes  Senior Classes (unrestricted on weekends)

AQUA SPLASH

Get your hair wet! Enjoy a vigorous workout in the water to get your day started.

ABSOLUTE AQUA

Designed with all participants in mind. Use the water resistance to challenge your entire body.

LITE AQUA

Focusing on slow tempo movements, ideal for those just starting out.

BIRTHFIT AQUA

Exercise during pregnancy and enjoy a freedom of movement not available during land-based exercises.

LES MILLS **BODYBALANCE**

A yoga-based class that will improve your mind, body and life. You'll strengthen your entire body and leave the class feeling calm and centred.

LES MILLS **BODYPUMP**

Get lean, toned and fit, fast. Burn up to 590 calories using light to moderate weights.

LES MILLS **BODYSTEP**

A full-body cardio workout to really tone your butt and thighs. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

LES MILLS **CXWORX**

Core exercise strengthening program based on cutting-edge scientific research. Works your abs, glutes, back and obliques.

LES MILLS **RPM**

Our indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast.

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 be ready to smile!

LES MILLS **BODYCOMBAT**

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master

SMALL GROUP SWISS BALL

Working on your strength, balance and incorporating cardio into the mix, this fun low impact class is perfect for any fitness level. This class is capped at 15 participants to ensure plenty of room to move and enjoy a more personalized experience with the instructor.

BOXING

Technique driven boxing class incorporating basic combos and progressions to give you the ultimate cardio and strength workout in one. This class is for all fitness levels. All equipment will be provided. Wraps are compulsory for this class and can be purchased at the centre for \$10.

PILATES

Focuses on strengthening the core muscles to assist with posture, balance and movement.

STRETCH AND FLEX

Improve your mobility and flexibility while focusing on core and breathing through gentle movement. A great way to unwind, give back to your body through various poses incorporating breathing and overall body recovery.

STRETCH YOGA

A fitness based inspired yoga designed to build strength and flexibility. Suitable for all fitness levels where you can choose different options for stronger or similar poses. It encourages us to let the poses fit our own bodies and to let go of judgment, expectations and competition.

SQUATS AND TOTS

Outdoor circuit training that gives parents the flexibility to bring their little ones along. Children can play in the sandpit and with various play equipment provided while mum or dad get a workout. Parents are responsible for supervising their children during the workouts. This is small group training with a maximum of 10 participants.

YOGA

Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual.

SPINNING.

This freestyle ride replicates riding outdoors, on flats and hills, while cycling to your favourite music. Suitable for all fitness levels.

tone

Mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Accommodates all fitness levels.

HIIT HIGH INTENSITY INTERVAL TRAINING

LES MILLS **sprint**

A HIIT workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

meta **PWR**

Circuit class that combines resistance and bodyweight exercises to develop strength, power, agility and cardiovascular efficiency. work efforts.

RELENTLESS.

Relentless is a small group based training session where the coach runs a maximum of 8 people through a specifically designed program. The program will include a variety of training techniques such as TRX, bodyweight circuit, functional movement and more.

CIRCUIT 45

Circuit based training offering functional high intensity training in a variety of formats.

SPARTAN

High intensity training incorporating functional and strength/weighted movements. This class is designed to test your limits and prepare you for the endurance and strength needed for a Spartan Race.

Wodonga Sports & Leisure Centre

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Opening Hours

Monday – Thursday	5.30am – 9pm
Friday	5.30am – 8pm
Saturday	7am – 6pm
Sunday	8am – 6pm

AW ALBURY
 WODONGA
 AQUATIC FACILITIES