












GROUP FITNESS TIMETABLE

Starting the 13th July

Please arrive no earlier than 5 minutes prior to the listed time to allow for our new check-in process and safe entry into the class.

KEY:  **Virtual**  **Live Instructor**

| Group Fitness Studio | | | | | | | |
|----------------------|---|---|--|---|--|---|--|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00am |  LESMILLS BODYCOMBAT |  LESMILLS BODYPUMP |  LESMILLS BODYBALANCE |  LESMILLS BODYPUMP |  LESMILLS BODYBALANCE | | |
| 8:30am | | Stretch & Flex | | Alternative Trio | |  LESMILLS BODYPUMP |  LESMILLS BODYPUMP |
| 9:45am | LESMILLS BODYPUMP | Meta PWR | | Stretch Yoga | Stretch & Flex |  LESMILLS CXWORX |  LESMILLS BODYBALANCE |
| 10:00am | | | LESMILLS BODYPUMP | | | | |
| 11:00am | Swiss Ball | | Alternative Trio | | | | |
| 5:30pm | LESMILLS BODYPUMP |  LESMILLS BODYPUMP | Yoga |  LESMILLS BODYCOMBAT | LESMILLS BODYPUMP | | |

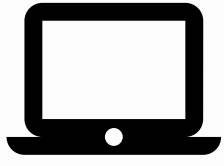
| Aqua 25m Pool | | | | | | | |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9:00am | | | Aqua | | | | |
| 10:00am | Aqua | Aqua | Aqua | Aqua | | | |
| 11:00am | Aqua | Aqua | Aqua | Aqua | | | |

| Studio 2 | | | | | | | |
|----------|------------|---------|------------|----------|------------|----------|--------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00am | Relentless | | Relentless | | Relentless | | |
| 8.30am | | | | Meta PWR | | | |
| 9.45am | | | | | Circuit | | |
| 11:00am | Yoga | | | | | | |
| 5:30pm | Relentless | | Relentless | Meta Fit | Spartan | | |

| RPM Studio | | | | | | | |
|------------|----------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00am | RPM | | LESMILLS RPM VIRTUAL | | RPM | | |
| 7:15am | | LESMILLS RPM VIRTUAL | | LESMILLS RPM VIRTUAL | | | |
| 8:30am | | | | | | RPM | LESMILLS RPM VIRTUAL |
| 9:45am | Spinning | RPM | LESMILLS RPM VIRTUAL | Spinning | LESMILLS RPM VIRTUAL | | |
| 4:00pm | | | | | | | |
| 5:30pm | RPM | | LESMILLS RPM VIRTUAL | LESMILLS RPM VIRTUAL | | LESMILLS RPM VIRTUAL | |

GUIDE FOR ENJOYING YOUR GROUP FITNESS CLASS

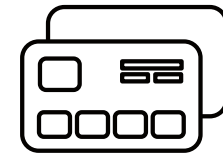
For the full guide, see our website at <https://alburywodongaaquatics.com.au/bookings>



Book your class via our online booking portal. Website listed above.



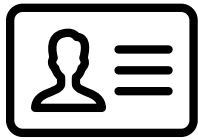
Shower thoroughly at home using soap. **Aqua classes only.**



Pack your EFTPOS card. We are temporarily a cashless facility



Dress in appropriate workout or swim attire before leaving home



Pack your photo ID.



Pack your towel and water bottle

REMEMBER TO ARRIVE NO EARLIER THAN 5 MINUTES BEFORE THE LISTED CLASS TIME

Group Fitness Description

LES MILLS BODYPUMP

A virtual workout to get lean, toned and fit, fast. Burn up to 590 Calories using light to moderate weights

LES MILLS BODYCOMBAT

Step into a virtual 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.

Stretch Yoga

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

Stretch & Flex

A low impact class designed to help improve flexibility, mobility, balance and core strength. Incorporating both static and dynamic stretching techniques for all abilities.

Alternative Trio

Focus on movement, mobility, and balance by using three styles of exercise. Swing using a single light dumbbell and swinging patterns. Swiss Ball exercise and cardio workout as well as body conditioning and floor exercise.

Spinning

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

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.

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 levels.

LES MILLS RPM VIRTUAL

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

LES MILLS BODYBALANCE

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

Relentless

Relentless is a small group based training session where the coach runs a maximum of 10 people through a specifically designed program. The program will include a variety of training techniques such as bodyweight circuit and functional movement.

Aqua

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

Circuit

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

meta PWR metafit.

Circuit based training offering functional high intensity training in variety of formats. Join Meta PWR and improve your strength & agility but if sweat is what your after then MetaFit will give you the cardio burn your looking for.

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.

LES MILLS CXWORX

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

Remember to arrive no earlier than 5 minutes before the listed class time