

STUDIO 1

Summer 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am	WODup	Les Mills CXWORX	METAFIT	Les Mills BODYPUMP exp	METAFIT	
7 am		FOREVER FIT	FOREVER FIT		FOREVER FIT	OUTDOOR TRAINING RPM
8 am						Les Mills BODYPUMP
9.15 am	metaPWR	Les Mills BARRE	Les Mills TONE	Les Mills BODYATTACK	Les Mills BODYPUMP	Les Mills BARRE
10.15 am	FASCIAL FITNESS	PILATES	Les Mills BODYBALANCE	Les Mills CXWORX	Les Mills BODYBALANCE	
12.30 pm	METAFIT		Les Mills CXWORX			
4.30 pm	Les Mills BODYPUMP		Les Mills TONE		PILATES	
5.30 pm	Les Mills TONE	Les Mills BODYATTACK	Les Mills BARRE	META PWR	ZUMBA	
6 pm				FASCIAL FITNESS		
6.30 pm	Les Mills BODYBALANCE	Les Mills BARRE				

- Les Mills BODYPUMP** The original barbell class to tone & sculpt | 1 hr / Express 45 min
- Les Mills BODYBALANCE** Combination of yoga, tai chi & pilates 1 hr
- Les Mills TONE** Optimal mix of strength, cardio & core, a complete workout! | 45 min
- Les Mills BODY ATTACK** Interval based cardio workout 45 min
- Les Mills RPM** Rock concert on wheels | 45 min
- Les Mills CX WORX** Revolutionary core training | 30 min
- Les Mills BARRE** Ballet inspired fitness class designed to shape and tone postural muscles, build core strength | 45 min
- BAX** HIT training & myofascial release, enhance muscle elasticity, builds speed and power | 30 min
- FASCIAL FITNESS** Build elasticity & resilience, while preventing or repairing damage to the fascia tissue | 45 min
- WODup** Mobility & functionality training 45 min
- META FIT** Med-high intensity metabolic workout, calorie burn up to 24 hours! 30 min
- META PWR** New Metafit power workout with minimal equipment use | 30 min
- FOREVER FIT** Low intensity cardio, strength & balance exercises | 45 min
- PILATES** Lengthens muscles & improves core strength | 1 hr
- YOGA** Creating strength, balance, flexibility & harmony | 1 hr
- AQUA** Fitness with a splash! Med intensity cardio & strength conditioning in the pool | 45min
- ZUMBA** Inspired by latin dance, lots of fun & great cardio workout | 1hr
- SPINNING** Indoor cycle class. Low impact to build cardio & endurance | 45 min
- OUTDOOR TRAINING** Outdoor training session in the Lismore CBD | 1hr

STUDIO 2 | POOL | SPIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 am			AQUA			AQUA
9.30 am	AQUA	SPINNING		YOGA	Les Mills AQUA TONE	
2 pm	SENIOR AQUA		SENIOR AQUA	SENIOR AQUA		
5.30 pm	METAFIT	Les Mills CXWORX	BAX	Les Mills BODYBALANCE		
5.45 pm	Les Mills RPM		Les Mills RPM			
6 pm	AQUA	YOGA	Les Mills BODYPUMP exp	AQUA		