

# GROUP FITNESS TIMETABLE

MON	TUES	WED	THURS	FRI	SAT	SUN
9:30am CYCLE (Virtual)	6:00am CYCLE (Virtual)	6:00am CYCLE (Instructor) 45 Mins	6:00am PUMP 60 Mins	6:00am CYCLE (Instructor) 45 Mins	* 8:45am TEAM X	9:00am CYCLE (Instructor) 45 Mins
9:30am FITBALL 60 Mins	6:15am PUMP 45 Mins	* 6:15am TEAM X	9:30am CYCLE (Virtual)	* 6:15am TEAM X	9:00am CYCLE (Instructor) 45 Mins	9:00am BALANCE 60 Mins
12:30pm CYCLE (Virtual)	9:30am CYCLE (Virtual) 45 Mins	9:30am CYCLE (Instructor) 45 Mins	9:30am PUMP 60 Mins	9:30am CYCLE (Virtual)	8:45am PUMP 60 Mins	10:00am PUMP 60 Mins
5:30pm ZUMBA 60 Mins	9:30am *TEAM	9:30am BALANCE 60 Mins	* 9:30am TEAM X	9:30am Functional Bodyweight 30 Mins	9:45am Dance Attack 60 Mins	10:30am CYCLE (Virtual)
6:00pm CYCLE (Instructor) 60 Mins	9:30am PUMP 60 Mins	12:30pm CYCLE (Virtual)	12:30pm CYCLE (Virtual)	12:30pm CYCLE (Virtual)	10:30am CYCLE (Virtual)	
6:30pm PUMP 60 Mins	12:30pm CYCLE (Virtual)	5:30pm BALANCE 60 Mins	5:30pm PUMP 60 Mins	6:00pm CYCLE (Virtual)	10:45am BALANCE 60 Mins	
	2:30pm LITEPACE 45 Mins	6:00pm CYCLE (Virtual)	6:00pm CYCLE (Instructor) 45 Mins	6:00pm *TEAM X		
	5:30pm PUMP 60 Mins	6:30pm PUMP 60 Mins	6:00pm *BOXFIT			
	6:00pm CYCLE (Instructor)		6:30pm Strength & Step 60 Mins			
	6:00pm *TEAM X					
	6:30pm STEP 60 Mins					

\*Team X is a paid Group Personal Training session  
Contact [info@teamfitness.com.au](mailto:info@teamfitness.com.au) for your free trial!



## SESSION INFORMATION

**Body Pump:** BODYPUMP, a total body workout that will burn calories, shape, and tone your entire body, increase core strength and improve bone health.

**Body Balance:** Ideal for anyone and everyone, BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

**Body Attack:** BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**Body Step:** Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs as well as some great upper body and cardio exercises for the whole body.

**FIT Ball:** Fit ball is an excellent body sculpting workout utilizing awesome tools including Swiss balls and light hand weights for an added challenge

**Zumba:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective. Super fun.

**Functional Bodyweight:** Functional bodyweight is an awesome class utilizing no equipment and only relying on your bodyweight. This class is run by Phil one of our experienced PT's and he makes these classes fun, challenging and always different for each week!

**Dance Attack:** A class built on community and a way to let loose at the end of a busy week. In this class you shake away any inhibitions and let a carefree mindset drive you. Suitable for all fitness levels. Dance Aerobics doesn't home in on one style or genre of dance. At one point we could be doing our best Jane Fonda impression, then swiftly move into hip-hop style, but not forgetting strength and agility work with tracks for squatting, lunging, balancing and core.

**Strength and Step:** This class is suitable for all fitness levels designed to learn and perfect Functional Movements. Focussing on practicing technique and gaining cardio fitness with the use of the step. Being a freestyle class, you will never see the same session run twice. This class is perfect for beginners to learn the fundamentals of lifts and gain fitness. It can be used as a stepping stone towards more fatiguing classes such as Body Pump. It can be beneficial for those recovering from injury who need to re-train their body and gain their muscle memory and fitness levels back. This is also as suitable class for our older demographic who may still be work and unable to find a class that is the correct level for them during the night timetable. The class was designed on a progression/regression basis to make it an inclusive environment. You may look around the room and not see a single person doing the same thing, but all focusing on the same goal – overall health and wellbeing.

**Cycle:** Cycle is a group indoor cycling workout where you control the intensity. It's fun, low impact and with great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an cycle workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

