

# GROUP FITNESS

## WINTER TIMETABLE



TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>EVENTS ROOM</b>							
5:30am	<b>LES MILLS BODYCOMBAT</b> Cesar	<b>LES MILLS BODYPUMP</b> Crystal		<b>LES MILLS BODYATTACK</b> Courtney	<b>LES MILLS BODYPUMP</b> Sandra		
6:30am			<b>LES MILLS BODYPUMP</b> Amanda	<b>LES MILLS GRIT</b>   STRENGTH Courtney			
7:00am						<b>LES MILLS GRIT</b>   STRENGTH 6.45am Ben W	
7:30am	<b>HEALTHY + ACTIVE</b> Lesley		<b>HEALTHY + ACTIVE</b> Lesley				
8:30am	<b>LES MILLS BODYSTEP</b> Karen Ruttly	<b>LES MILLS BODYPUMP</b> Tioita	<b>LES MILLS BODYATTACK</b> Nathalie	<b>LES MILLS BODYPUMP</b> Tioita	<b>LES MILLS BODYCOMBAT</b> Cesar	<b>LES MILLS BODYPUMP</b> George	<b>LES MILLS BODYPUMP</b> Amanda
9:30am	<b>LES MILLS BODYPUMP</b> Nathalie	<b>LES MILLS BODYCOMBAT</b> Tioita	<b>LES MILLS BODYPUMP</b> Nathalie		<b>LES MILLS BODYSTEP</b> Nathalie	<b>LES MILLS BODYCOMBAT</b> Cesar	
10.30am						<b>LES MILLS SH'BAM</b> Petra	
4.00pm	<b>BURN</b> Z0	<b>HIIT 30</b> Michelle	<b>LES MILLS GRIT</b>   ATHLETIC Sherrel	<b>HIIT 30</b> Ben H			
4:45pm	<b>LES MILLS BODYPUMP</b> Aleisha	<b>LES MILLS BODYCOMBAT</b> Cesar	<b>LES MILLS BODYPUMP</b> Sherrel				
5:45pm			<b>LES MILLS BODYATTACK</b> Crystal		<b>LES MILLS BODYPUMP</b> Louise		
6:45pm		<b>LES MILLS SH'BAM</b> Petra		<b>LES MILLS BODYPUMP</b> Ben W			
<b>CYCLE – STUDIO 1</b>							
5:30am	<b>LES MILLS sprint</b> Karen Capper	<b>LES MILLS RPM</b> George	<b>LES MILLS RPM</b> Richard	<b>LES MILLS RPM</b> Emma	<b>LES MILLS sprint</b> Karen Capper		
7:30am						<b>CYCLE Performance</b> Karen Capper	
9:30am	<b>LES MILLS RPM</b> George	<b>LES MILLS RPM</b> Ellie	<b>LES MILLS sprint</b> Jason	<b>LES MILLS RPM</b> Shireen	<b>LES MILLS sprint</b> David		
4.45pm			<b>LES MILLS RPM</b> Emma				
5.45pm	<b>LES MILLS RPM</b> Hannah	<b>LES MILLS sprint</b> Karen Capper					
<b>MIND &amp; BODY – STUDIO 3</b>							
6:30am	<b>RESTORATIVE YOGA</b> Lorin				<b>YOGA</b> Lorin		
7:30am		<b>YOGA</b> Alex				<b>BEGINNERS YOGA</b> Lesley	
8:30am			<b>BEGINNERS YOGA</b> Angela			<b>YOGA</b> Lesley	
9:30am	<b>PILATES</b> Alex	<b>LES MILLS BODYBALANCE</b> Kelly	<b>YOGA</b> Angela	<b>PILATES</b> Lorin	<b>BEGINNERS YOGA</b> Danielle		<b>BEGINNERS YOGA</b> Sonali
10:30am	<b>YOGA</b> Angela				<b>YOGA</b> Danielle		
4.45pm				<b>BEGINNERS YOGA</b> Alex			
5:45pm	<b>LES MILLS BODYBALANCE</b> Melinda	<b>PILATES</b> Lorin	<b>YOGA</b> Melinda	<b>PILATES</b> Lesley	<b>RESTORATIVE YOGA</b> Angela		
6:45pm	<b>YOGA</b> Darren	<b>RESTORATIVE YOGA</b> Lorin	<b>BEGINNERS YOGA</b> Angela				

Please arrive in plenty of time to begin your class. Late arrivals may be refused entry to class

**BOOKINGS ARE ESSENTIAL!!**

# CLASS DESCRIPTIONS

<b>LES MILLS BODYATTACK</b>	High energy, calorie consuming, sports inspired cardio-workout which will push you beyond your limits. Designed to build strength & stamina by incorporating strong, simple moves with powerful music. *Alternative option: 30 min BODYATTACK Express - If you're limited for time then try our 30min express BODYATTACK class! A sport's inspired cardio-workout guaranteed to push you to your limits & get results fast! ☺ 55mins or 30mins express
<b>LES MILLS BODYBALANCE</b>	Flexibility & strength are built using the best yoga, tai chi & Pilates. This mind & body experience is unique. It focuses on controlled breathing, concentration & stretching which will bring the body into a state of harmony & balance! ☺ 55mins
<b>LES MILLS BODYCOMBAT</b>	The ultimate workout with martial art, boxing & tai chi inspired fitness class. Unleash yourself in this fiercely energetic but fun non-contact class & fight your way to a new level of fitness! *Alternative option: 30min BODYCOMBAT Express – Bring your best combat attitude & you will leave feeling like a champion! ☺ 55mins
<b>LES MILLS BODYPUMP</b>	The fastest way to burn body fat, tone & condition muscles, using weights that challenge all the major muscle groups. Compelling choreography & pumping music that will inspire you to achieve great results! *Alternative option: 30min BODYPUMP Express – A rapid 30min addictive workout - are you up for the challenge! ☺ 55mins or 30mins express
<b>LES MILLS BODYSTEP</b>	Take on this class with the ultimate high energy cardio blast! Simple movements with an adjustable step that will leave you feeling invigorated & alive! Get into step with the cardio workout that will burn fat! ☺ 55mins
<b>LES MILLS SH'BAM</b>	Shape up and let out your inner star shine for 45mins of vibrant, unique and serious hot but simple dance moves! Get in the fat burn zone without the "hard work" workout! The ultimate fun way to exercise! ☺ 55mins
<b>LES MILLS GRIT™</b>	<b>GRIT Strength</b> - Combining HIIT, power lifting, plyometrics & the latest strength & conditioning methods, LES Mills Grit Strength will challenge you in just 30min to give you BIG results FAST! <b>GRIT Cardio</b> is a high intensity interval training workout that features explosive high impact movements designed to BURN FAT and improve athletic capability! <b>GRIT Athletic</b> incorporates speed, strength, agility, and explosive power to enhance your <b>athletic</b> performance. Grit Athletic uses a bench & weight plate combined with bodyweight exercises and other multi-dimensional <b>sports</b> conditioning training. ☺ 30mins
<b>HIIT 30</b>	HIIT 30, Combination of traditional bodyweight exercises with HIIT training techniques to set the metabolism on FIRE! This is a 30min workout with all commands of work/rest intervals to give you quick results. ☺ 30mins
<b>BURN 30</b>	BURN 30, is a high intensity interval training session like no other. Designed to add new challenges to your workout and increase endurance, our Burn 30 takes cardio to the next level. ☺ 30mins
<b>HEALTHY + ACTIVE</b>	Low Impact workouts are gentler on the body, especially our joints, and can be a great way to improve balance, flexibility, endurance and strength, while reducing the risk of injury. These low impact classes are 45mins and offer more individual attention for those that may need it. ☺ 45mins
<b>YOGA</b>	Unites the body, mind & spirit & can help with align posture & increase range of movement. It increases flexibility, endurance, balance & promotes relaxation from stress. All levels welcome! ☺ 55mins
<b>BEGINNERS YOGA</b>	A slow paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries or rehabilitation. ☺ 55mins
<b>RESTORATIVE YOGA</b>	Restorative yoga for relaxation and restoration. A beautiful gentle practice characterised by long held postures of a restorative nature. For calm, peace and physical release ☺ 55mins
<b>PILATES</b>	Create core strength & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & shoulders. Suitable for all fitness levels! ☺ 55mins
<b>LES MILLS RPM</b>	The ultimate ride! A safe, motivational, cardio blast designed to get you into the zone FAST!!! Sweat your way through an inspirational challenge that is totally addictive that will get your pulse racing! *Alternative option: 30min RPM Express - High intensity workout! This class will get you results fast and make you ride hard! ☺ 50mins or 30mins express
<b>LES MILLS sprint</b>	In just 30min SPRINT will challenge your physical and mental limits. A quick HIIT style of training that returns rapid results with minimal joint impact, pushing through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. Burning calories for hours after stepping off the bike. ☺ 30mins
<b>CYCLE Performance</b>	Experience a 1hr Performance on a Saturday ONLY - alternating between 3x amazing cycle programs, RPM or TOPRIDE or FREESTYLE! ☺ 60mins

Located at the Southport Sharks on the corner of Musgrave and Olsen Avenues

Ph. 07 5591 5800 Email: [sharksfitness@southportsharks.com.au](mailto:sharksfitness@southportsharks.com.au)

### Trading hours

Mon – Fri 5am – 8pm

Saturday 6am – 4pm, Sunday 8am – 12pm

<https://southportsharks.com.au/fitness-centre/group-fitness-classes-timetables/>