



NEW GROUP FITNESS TIMETABLE


COMMENCES MONDAY, SEPT 30

	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
MAIN STUDIO 1, / GYM FLOOR & OUTDOOR	5.30am		LES MILLS BODYPUMP Crystal 45mins	LES MILLS BODYCOMBAT EXPRESS Amanda	HIIT 30 Grant	LES MILLS BODYPUMP Sammy		
	6.00am	LES MILLS GRIT STRENGTH David	OUTDOOR WARRIORS Grant	LES MILLS BODYPUMP Amanda	Total ABS Grant			
	6:30am	CLASS REMOVED		CLASS REMOVED		CLASS REMOVED	LES MILLS GRIT STRENGTH David 6.45am	
	7.30am	HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Janet	HIIT 30 Andrea (*G)	
	8.30am	LES MILLS BODYSTEP Karen Rutty	LES MILLS BODYPUMP Tioita	LES MILLS BODYCOMBAT Winnie	LES MILLS BODYPUMP Tioita	LES MILLS BODYSTEP Janet	LES MILLS BODYPUMP Sammy	LES MILLS BODYPUMP Amanda
	9.30am	LES MILLS BODYPUMP Sammy	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP George	LES MILLS BODYCOMBAT Tioita		LES MILLS BODYCOMBAT Winnie	LES MILLS BODYCOMBAT EXPRESS Amanda
		HIIT 30 Mustafa (*G)		STRONG30 Grant (*G)			HIIT 30 Mustafa (*G)	
	10.30am						ZUMBA Marnie	
	4.00pm	STRONG30 Grant	HIIT 30 Michelle		STRONG30 Mustafa (*G)			
	4.45pm	LES MILLS BODYPUMP Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Crystal				
	5.00pm	CLASS REMOVED	STRONG30 Michelle (*G)	OUTDOOR WARRIORS Grant		CLASS REMOVED		
5.45pm	LES MILLS BODYATTACK (EXPRESS) Linda	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Crystal	LES MILLS BODYSTEP Belinda				
6.45pm		ZUMBA Marnie	HIIT 30 Grant 6.00pm (*G)	LES MILLS BODYPUMP Belinda				
CYCLE STUDIO 2.	5.30am	LES MILLS sprint Karen Capper	LES MILLS RPM Sammy	LES MILLS RPM David		LES MILLS sprint Karen Capper		
	7.30am					LES MILLS RPM Sammy		
	8.30am							LES MILLS RPM Sammy/David
	9.30am	LES MILLS RPM Belinda	LES MILLS RPM Louise	LES MILLS sprint	LES MILLS RPM Shireen	 David		
	4.45pm			LES MILLS RPM David				
	5.45pm	LES MILLS sprint Belinda	 Ryan					
MIND & BODY STUDIO 3.	6.30am		YOGA Dwi			YOGA Maggi	PILATES Lesley	
	7.30am						BEGINNERS YOGA Alex	
	8.30am	RESTORATIVE YOGA Lesley		BEGINNERS YOGA Angela		RESTORATIVE YOGA Danielle NEW CLASS	YOGA Alex	BEGINNERS YOGA Sonali
	9.30am	PILATES Julie	LES MILLS BODYBALANCE Kelly	YOGA Angela	PILATES Angela	BEGINNERS YOGA Danielle		YOGA Rosalyn
	10.30am	YOGA Angela	BEGINNERS YOGA Kelly	PILATES Angela	STRETCH & RELEASE Angela NEW CLASS	YOGA Danielle		
	3.45pm							
	4.45pm	PILATES Melinda NEW CLASS		YOGA Rosalyn	BEGINNERS YOGA Dwi			
	5.00pm	CLASS REMOVED				STRETCH & RELEASE Angela NEW CLASS		
	5.45pm	LES MILLS BODYBALANCE Melinda	PILATES Michelle W.	YOGA Melinda	PILATES Lesley	RESTORATIVE YOGA Angela		

PLEASE NOTE:

(*G) classes are held on the Gym Floor.

INSTRUCTORS ARE SUBJECT TO CHANGE AT ANYTIME, DUE TO CLASS COVERS

PROGRAM	CLASS DESCRIPTION
LES MILLS BODYATTACK	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. ⌚ 55mins *Alternative option: 30 min BODYATTACK Express - If you are 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! ⌚ 45mins or ⌚ 30mins express
LES MILLS BODYBALANCE	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
LES MILLS BODYCOMBAT	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! ⌚ 55mins *Alternative option: ⌚ 30mins BODYCOMBAT Express – Bring your best combat attitude & you will leave feeling like a champion!
LES MILLS BODYPUMP	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! ⌚ 55mins ⌚ 45mins ⌚ 30mins
LES MILLS BODYSTEP	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
ZUMBA	ZUMBA 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!
LES MILLS GRIT	GRIT Strength - 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! ⌚ 30mins
HIIT 30	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 (*G) MEANS - THESE CLASSES ARE HELD ON THE GYM FLOOR – BLUE TURF AREA
HEALTHY + ACTIVE	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
YOGA	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 Beginners Yoga , A slow paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries, or rehabilitation. ⌚ 55mins Yoga general , 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
Total ABS	A 30min core blasting workout for all levels that focus on toning and defining your abdominals. If you are looking to strengthen & improve core stability, this class is for YOU! ⌚ 30mins
PILATES	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
STRETCH & RELEASE	This class will help to lengthen tight or shortened muscles that create tension, helping to improve your body's ability to function with less restriction. This class may include the use of balls, blocks, straps to help facilitate stretches. ⌚ 30mins
LES MILLS RPM	2x program options to choose from to get “The ultimate ride! LES MILLS RPM or CYCLE 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! ⌚ 45mins or ⌚ 30mins
LES MILLS sprint 	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
STRONG30	STRONG30 , ⌚ 30mins - Combining strength-based exercises to get you strong! Guaranteed to push your performance to get results quick! This class caters for all fitness levels, are you up for a challenge? (*G) MEANS - THESE CLASSES ARE HELD ON THE GYM FLOOR – BLUE TURF AREA
OUTDOOR WARRIORS	OUTDOOR WARRIORS , ⌚ 30mins is a form of body conditioning to increase strength, agility, speed and explosive power. Through a variety of outdoor exercises, you will see big results & have fun in just 30mins, What are you waiting for? Are you ready? ** THESE CLASSES ARE HELD OUTDOORS **

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

Ph. 07 5591 5800 Email: sharksfitness@southportsharks.com.au

Trading hours

Mon – Fri 5am – 8pm

Saturday 6am – 4pm, Sunday 8am – 12pm

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

BOOKINGS ARE ESSENTIAL!!

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

REFORMER PILATES



TIME	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.30am	STRENGTH Brittany	STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal	HYBRID Michelle W		
6:30am	MOVEMENT Brittany	STRENGTH Frooky	HYBRID Brittany	MOVEMENT Crystal	STRENGTH Michelle W		
7:30am	HYBRID Brittany				HYBRID Michelle W	MOVEMENT Jackie	
8.30am		MOVEMENT Crystal		HYBRID Michelle W		STRENGTH Jackie	STRENGTH MELINDA
9.30am		STRENGTH Crystal	MOVEMENT Jackie	STRENGTH Michelle W	MOVEMENT Julie	MOVEMENT Jackie	MOVEMENT MELINDA
10.30am	MOVEMENT Julie		MOVEMENT Jackie		MOVEMENT Julie		
4.30pm	STRENGTH Angela	STRENGTH Ruby	HYBRID Angela	MOVEMENT Diogo			
5.30pm	HYBRID Angela	MOVEMENT Ruby	STRENGTH Angela	MOVEMENT Diogo			

NEW REFORMER TIMETABLE WITH ADDITIONAL CLASSES!

CLASS DESCRIPTION:

Movement: A wonderful introduction to reformers. Balance, alignment, core strength, and muscle tone are all worked on while utilizing the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates, and experts.

Strength: Strength Pilates is a form of strength training that incorporates resistance training through body weight and other equipment such as small weights. Heavy springs, dumbbells & time under tension help build muscular strength, stability, and endurance.

Hybrid: A workout that combines Reformer Pilates and strength training in the same session, which is an efficient way to boost your fitness, strength, and heart health all at the same time. A practice that combines Pilates actions that get your heart rate up with routines that are great for strengthening your muscles.

**Please arrive in plenty of time to begin your class. Late arrivals may be refused entry to class.
BOOKINGS ARE ESSENTIAL!!**

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

Ph. 07 5591 5800 Email: sharksfitness@southportsharks.com.au



Trading hours

Mon – Fri 5am – 8pm

Saturday 6am – 4pm, Sunday 8am – 12pm