


HAPPY EASTER

25th – 31st MARCH

	TIME	MON 25 th	TUE 26 th	WED 27 th	THU 28 th	FRI 29 th	SAT 30 th	SUN 31 st
		5am – 8pm	5am – 8pm	5am – 8pm	5am – 8pm	CLOSED	6AM – 4PM	8AM – 12PM
MAIN STUDIO 1 & OUTDOOR	5.30am		LES MILLS BODYPUMP Crystal	LES MILLS BODYCOMBAT EXPRESS Amanda	HIIT 30 Grant			
	6.00am	BURN 30 David (6.15am)	OUTDOOR WARRIORS NEW Grant	LES MILLS BODYPUMP Amanda	Total ABS Grant			
	6:30am			FLEX-30 Amanda			BURN 30 David 6.45am	
	7.30am	HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Lesley			UC30 Andrea	
	8.30am	LES MILLS BODYSTEP Karen Rutty	LES MILLS BODYPUMP Tioita	STRONG NATION John	LES MILLS BODYPUMP Tioita		LES MILLS BODYPUMP Sammy	LES MILLS BODYPUMP Amanda
	9.30am	LES MILLS BODYPUMP Sammy UC30	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP George	LES MILLS BODYCOMBAT Tioita		LES MILLS BODYCOMBAT Winnie	LES MILLS BODYCOMBAT EXPRESS Amanda
	10.30am			STRONG30 Grant ZUMBA John			ZUMBA Addy	
	4.00pm	BURN 30 Grant	HIIT 30 Michelle		STRONG30 Mustava			
	4.45pm	LES MILLS BODYPUMP Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Crystal				
	5.00pm	OUTDOOR WARRIORS NEW Mustava	STRONG30 Michelle	OUTDOOR WARRIORS NEW Grant				
	5.45pm	LES MILLS BODYATTACK (EXPRESS) Linda	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Crystal	LES MILLS BODYSTEP Belinda			
	6.45pm		ZUMBA John	UC30 Grant	LES MILLS BODYPUMP Belinda			
CYCLE STUDIO 2.	5.30am	LES MILLS sprint Karen Capper	LES MILLS RPM Sammy	LES MILLS RPM Richard				
	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 Sammy	LES MILLS RPM Shireen			
	4.45pm			LES MILLS RPM David				
	5.45pm	LES MILLS sprint Ryan	 Ryan					
MIND & BODY STUDIO 3.	6.30am		YOGA Allana				PILATES Lesley	
	7.30am						BEGINNERS YOGA Alex	
	8.30am	RESTORATIVE YOGA Lesley		BEGINNERS YOGA Angela			YOGA Alex	BEGINNERS YOGA Sonali
	9.30am	PILATES Julie	LES MILLS BODYBALANCE Kelly	YOGA Angela	PILATES Angela			YOGA Rosalyn
	10.30am	YOGA Angela	BEGINNERS YOGA Kelly	PILATES Angela				
	3.45pm							
	4.45pm			YOGA Rosalyn	BEGINNERS YOGA Allana		SOUTHPORT SHARKS health+fitness 24/7	
	5.00pm	Booty X Melinda						
	5.45pm	LES MILLS BODYBALANCE Melinda	PILATES Lesley	YOGA Melinda	PILATES Lesley			

PLEASE NOTE: * UC30 & STRONG30 classes are held on the Gym Floor.
INSTRUCTORS ARE SUBJECT TO CHANGE AT ANYTIME, DUE TO CLASS COVERS

VERSION JAN2024

HAPPY EASTER

* 3rd April CLOSED 2.30am – 6.30am

	TIME	MON 1 st	TUE 2 nd	WED 3 rd	THU 4 th	FRI 5 th	SAT 6 th	SUN 7 th
		5am-6pm	5am-8pm	6.30am-8pm	5am-8pm	5am-8pm	6am-4pm	8am-12pm
MAIN STUDIO 1 & OUTDOOR	5.30am		LES MILLS BODYPUMP Crystal	NO CLASS	HIIT 30 Grant	LES MILLS BODYPUMP Sammy		
	6.00am	NO CLASS	OUTDOOR WARRIORS Grant	NO CLASS	Total ABS Grant			
	6:30am			NO CLASS		Booty X Grant	BURN 30 David 6.45am	
	7.30am	HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE Lesley		HEALTHY + ACTIVE John	UC30 Andrea	
	8.30am	LES MILLS BODYSTEP Karen Ratty	LES MILLS BODYPUMP Tioita	STRONG NATION John	LES MILLS BODYPUMP Tioita	STRONG NATION John	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	ZUMBA John	LES MILLS BODYCOMBAT Winnie	LES MILLS BODYCOMBAT EXPRESS Amanda
		NO CLASS		STRONG30 Grant		UC30 Mustava		
	10.30am			ZUMBA John			ZUMBA Addy	
	4.00pm	NO CLASS	HIIT 30 Michelle		STRONG30 Mustava			
	4.45pm	NO CLASS	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Crystal				
	5.00pm	NO CLASS	STRONG30 Michelle	OUTDOOR WARRIORS Grant		OUTDOOR WARRIORS Mustava		
	5.45pm	NO CLASS	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Crystal	LES MILLS BODYSTEP Belinda			
	6.45pm		ZUMBA John	UC30 Grant	LES MILLS BODYPUMP Belinda			
CYCLE STUDIO 2.	5.30am	LES MILLS sprint Karen Capper	LES MILLS RPM Sammy	NO CLASS		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 Sammy	LES MILLS RPM Shireen	 David		
	4.45pm			LES MILLS RPM David				
	5.45pm	NO CLASS	 Ryan					
MIND & BODY STUDIO 3.	6.30am		YOGA Allana			YOGA Allana	PILATES Lesley	
	7.30am						BEGINNERS YOGA Alex	
	8.30am	RESTORATIVE YOGA Lesley		BEGINNERS YOGA Angela			YOGA Alex	BEGINNERS YOGA Sonali
	9.30am	PILATES Julie	LES MILLS BODYBALANCE Kelly	YOGA Angela	PILATES Angela	BEGINNERS YOGA Danielle		YOGA Roselyn
	10.30am	YOGA Angela	BEGINNERS YOGA Kelly	PILATES Angela		YOGA Danielle		
	3.45pm							
	4.45pm			YOGA Roselyn	BEGINNERS YOGA Allana		SOUTHPORT SHARKS health+fitness 24/7	
	5.00pm	NO CLASS						
	5.45pm	NO CLASS	PILATES Lesley	YOGA Melinda	PILATES Lesley	RESTORATIVE YOGA Angela		

PLEASE NOTE: * UC30 & STRONG30 classes are held on the Gym Floor.
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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
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 STRONG NATION	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! STRONG NATION ⌚ 45mins a total body workout that will give you the confidence to get up & get moving. High energy routine will tone every muscle group with great workout combinations. This class is for all fitness levels!
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! GRIT Cardio is a high intensity interval training workout that features explosive high impact movements designed to BURN FAT and improve athletic capability! GRIT Athletic incorporates speed, strength, agility, and explosive power to enhance your athletic performance. Grit Athletic uses a bench & weight plate combined with bodyweight exercises and other multi-dimensional sports conditioning training. ⌚ 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
BURN 30	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
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
Booty X	This ⌚ 30mins workout is guaranteed to sculpt and tone your glutes! This is a fun and energetic workout designed to get your BOOTY in shape!
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
FLEX-30	Each stretch class will focus on areas of the body with a few selected exercises allowing the mind to entirely focus on each movement. Stretching exercises can prevent injuries, relieves tension, improves alignment and other benefits. These classes are designed for all fitness levels and all members are encouraged to join in, before or after your Group Fitness Class or Gym Floor workout! ⌚ 30mins or 40mins
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
UC30 STRONG30	UC30 – (ULTIMATE CIRCUIT) , ⌚ 30mins is a combination of exercises to get your heart pounding, blood pumping and muscles working. Be prepared to work hard & reach your targets! 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? ** 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/>