


GROUP FITNESS TIMETABLE

	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
MAIN STUDIO 1 OUTDOOR GYM FLOOR	5.30 AM		LES MILLS BODYPUMP 45 MINS	LES MILLS BODYCOMBAT EXPRESS	HIIT 30	LES MILLS BODYPUMP		
	6.00 AM	LES MILLS GRIT STRENGTH	OUTDOOR WARRIORS	LES MILLS BODYPUMP	TOTAL ABS			
	6.45 AM						LES MILLS GRIT STRENGTH 6.45 AM	
	7.30 AM	HEALTHY + ACTIVE		HEALTHY + ACTIVE		HEALTHY + ACTIVE	HIIT 30 (*G)	
	8.30 AM	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
	9.30 AM	LES MILLS BODYPUMP HIIT 30 (*G)	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP STRONG30 (*G)	LES MILLS BODYCOMBAT	HIIT 30 (*G)	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT EXPRESS
	10.30 AM						ZUMBA	
	4.00 PM	STRONG30	HIIT 30		STRONG30 (*G)			
	4.45 PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				
	5.00 PM		STRONG30 (*G)	OUTDOOR WARRIORS				
	5.45 PM	LES MILLS BODYATTACK EXPRESS	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYSTEP			
	6.00 PM			HIIT 30 (*G)				
	6.45 PM		ZUMBA		LES MILLS BODYPUMP			
	CYCLE STUDIO 2	5.30 AM	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM		LES MILLS sprint	
7.30 AM						LES MILLS RPM		
8.30 AM							LES MILLS RPM	
9.30 AM		LES MILLS RPM	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM			
4.45 PM				LES MILLS RPM				
5.15 PM		LES MILLS sprint						
5.45 PM			LES MILLS sprint					
MIND & BODY STUDIO 3	6.30 AM		YOGA			YOGA	PILATES	
	7.30 AM						BEGINNERS YOGA	
	8.30 AM	RESTORATIVE YOGA		BEGINNERS YOGA		RESTORATIVE YOGA	YOGA	BEGINNERS YOGA
	9.30 AM	PILATES	LES MILLS BODYBALANCE	YOGA	PILATES	BEGINNERS YOGA		YOGA
	10.30 AM	YOGA	BEGINNERS YOGA	PILATES	STRETCH AND RELEASE	YOGA		
	3.45 PM							
	4.45 PM	PILATES		YOGA	BEGINNERS YOGA			
	5.00 PM					STRETCH AND RELEASE		
	5.45 PM	LES MILLS BODYBALANCE	PILATES	YOGA	PILATES	RESTORATIVE YOGA		

PLEASE NOTE:

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

See our app for instructor details and to stay up to date with class changes.

CLASS DESCRIPTIONS

<p>LES MILLS BODYATTACK</p>	<p>55 MINS - 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.</p> <p>*30 MINS 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.</p>
<p>LES MILLS BODYBALANCE</p>	<p>55 MINS - 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!</p>
<p>LES MILLS BODYCOMBAT</p>	<p>55 MINS - 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!</p> <p>* 30 MINS BODYCOMBAT Express – Bring your best combat attitude & you will leave feeling like a champion!</p>
<p>LES MILLS BODYPUMP</p>	<p>55 MINS - 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!</p>
<p>LES MILLS BODYSTEP</p>	<p>55 MINS - 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!</p>
<p>ZUMBA</p>	<p>45 MINS - Shape up and let out your inner star shine with vibrant, unique, and seriously hot but simple dance moves! Get in the fat burn zone without the “hard work” workout! The ultimate fun way to exercise!</p>
<p>LES MILLS GRIT</p>	<p>GRIT Strength - 30 MINS Combining HIIT, powerlifting, plyometrics & the latest strength & conditioning methods, LES Mills Grit Strength will challenge you in just 30min to give you BIG results FAST!</p>
<p>HIIT 30</p>	<p>30 MINS - 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.</p>
<p>HEALTHY + ACTIVE</p>	<p>45 MINS - 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.</p>
<p>YOGA</p>	<p>Restorative Yoga - 55 MINS for relaxation and restoration. A beautiful gentle practice characterised by long-held postures of a restorative nature. For calm, peace, and physical release.</p> <p>Beginners Yoga - 55 MINS A slow-paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries, or rehabilitation.</p> <p>Yoga general - 55 MINS 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!</p>
<p>TOTAL ABS</p>	<p>30 MINS - 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!</p>
<p>PILATES</p>	<p>55 MINS - Create core strength & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & shoulders. Suitable for all fitness levels!</p>
<p>LES MILLS RPM</p>	<p>45 MINS - 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!</p>



30 MINS - 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.



30 MINS - In just 30min SPRINT

STRONG30

30 MINS - 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?

***Class held on BLUE TURF - GYM FLOOR**

OUTDOOR WARRIORS

30 MINS - 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? ***Class held OUTDOORS**

TRADING HOURS

Mon – Fri 5am – 8pm | **Saturday** 6am – 4pm | **Sunday** 8am – 12pm

BOOKINGS ARE ESSENTIAL

Please arrive with plenty of time to begin your class. Late arrivals may be **refused** entry to class. Visit southportsharks.com.au/fitness-centre/ or our app for further info.



REFORMER PILATES TIMETABLE

	TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
REFORMER STUDIO	5.30 AM	STRENGTH	STRENGTH	HYBRID	MOVEMENT	HYBRID		
	6.30 AM	MOVEMENT	STRENGTH	HYBRID	MOVEMENT	STRENGTH		
	7.30 AM	HYBRID				HYBRID	MOVEMENT	
	8.30 AM		MOVEMENT		HYBRID		STRENGTH	STRENGTH
	9.30 AM		STRENGTH	MOVEMENT	STRENGTH	MOVEMENT	MOVEMENT	MOVEMENT
	10.30 AM	MOVEMENT		MOVEMENT		MOVEMENT		
	4.30 PM	STRENGTH	STRENGTH	HYBRID	MOVEMENT			
	5.30 PM	HYBRID	MOVEMENT	STRENGTH	MOVEMENT			

CLASS DESCRIPTION

MOVEMENT	55 MINS - A wonderful workout introduction to reformers. Balance, alignment, core strength and muscle tone are all worked on while using the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates and experts.
STRENGTH	55 MINS - 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	55 MINS - 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.

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REFORMER
PILATES