

May 3<sup>rd</sup> 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	<b>Fit60</b> 5:45-6:45 Sharon	<b>LES MILLS BODYPUMP</b> 5:00-5:45 Sarah	<b>Tabata Pump</b> 5:45-6:45 Jess	<b>Super Circuit</b> 5:45 – 6:30 Staycee	<b>Fit60</b> 5:45-6:45 Jess	<b>Tabata Pump</b> 5:45-6:45 Sharon	
6:00 AM		<b>Bike Blitz</b> 6:00-6:45 Sarah					
7:00 AM						<b>Step &amp; Tone</b> 7:00-7:45 Staycee	
8:00 AM	<b>Core Blast</b> 8:15 – 9:00 Jacki			<b>Super Circuit</b> 8:00-8:45 Staycee	<b>Tabata Pump</b> 8:00 – 8:45 Staycee	<b>Vinyasa Core</b> 8:00-9:00 Irene	
9:00 AM	<b>Fit45</b> 9:00-9:45 Jacki	<b>Tabata Pump</b> 9:00 -9:45 Tara	<b>Fit45</b> 9:00-9:45 Tara	<b>Step &amp; Tone</b> 9:00 – 9:45 Staycee	<b>Bike Blitz</b> 9:00-9:45 Kristy	<b>Yin Yoga</b> 9:00-10:00 Irene	
10:00 AM	<b>Yoga</b> 10:00-11:00 Louise	<b>LES MILLS BODYBALANCE</b> 10:00-11:00 Alison	<b>Yoga</b> 10:00-11:00 Blare	<b>LES MILLS BODYBALANCE</b> 10:00-11:00 Alison	<b>Mat Pilates</b> 10:00-11:00 Kristy		
4:00 PM							
5:00 PM	<b>Tabata Pump</b> 5:45-6:30 Jess	<b>FIT45</b> 5:45-6:30 Jacki	<b>Bike Blitz</b> 5:15 – 5:45 Kristy	<b>Bike Blitz</b> 5:00 – 5:30 Matthew			
				<b>ABT</b> 5:45 – 6:30 Sharon			
6:00 PM	<b>Mat Pilates</b> 6:45-7:30 Kristy	<b>Hatha Yoga</b> 6:45-7:45 Kelsey	<b>Super Circuit</b> 6:00 – 6:45 Kristy	<b>Hatha Yoga</b> 6:45-7:45 Kelsey			

**Reception hours:** Monday – Thursday 7.00 – 11:30am and 3 - 8pm  
Friday – 7-11:30am  
Saturday 7-11am

**Creche Hours:** Monday - Friday 8:00 – 11:00 (bookings essential through GymMaster Member App)  
**Contact us** (07) 3806 3403 [cornubia@movementhealthclubs.com.au](mailto:cornubia@movementhealthclubs.com.au) or Facebook

Please go to [www.movementhealthclubs.com.au](http://www.movementhealthclubs.com.au) and select Timetable – Cornubia to view and print the timetable.

Bookings are essential for all classes and creche through the GymMaster Member App.  
Download the App via the QR code below.



## FUNCTIONAL TRAINING

**Fit60/Fit45** Combines elements of high- intensity interval training (HIIT), circuit training, and functional training. Mixed classes with body weight, suspension, kettlebells, functional strength and cardio training.

## HIGH INSTENSITY/ CIRCUIT/ CARDIO

**Supercircuit** This class uses a range of different ‘stations’ each of which involves a different exercise. You perform timed sets at each station before moving to the next one. It’s based around a whole-body workout with a strong focus on strength and cardiovascular set to motivating music. A great class to increase fitness & tone up. Suitable for all levels of fitness.

**BikeBlitz** For absolute calorie destruction! Fantastic for shaping and toning your lower body and dramatically increasing your fitness levels as you cycle through varying terrains with powerful music to provide a stimulating and motivating atmosphere.

## TONING

**Step & Tone** An easy to follow cardio and toning workout using a step, together with body conditioning exercises to burn calories, strengthen and tone muscles in the entire body. A simple step-up routine will help train your heart, lungs, bones, muscles, and much more. A low impact way to improve overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

**Core Blast** This is a core focused class to help strengthen and tone. Utilize a variety of weights to tone and shape your body, while working up a sweat. Open to all fitness levels.

**ABT** A triple threat workout targeting three common trouble zones at one time. Focusing purely on strengthening your abs, butt and thighs with a combination of strength enhancing and muscle toning exercises that are designed to yield results.

## STRENGTH

**Tabata Pump** Interval training using weights! Push yourself and your body to new heights with this amazing full body strength and cardio mix.

## MIND & BODY

**LES MILLS BODYBALANCE** The complete mind and body experience. A unique combination of Yoga, Pilates and Tai Chi to improve core strength, posture and flexibility and enhance overall wellbeing. The perfect antidote for a busy life.

**YOGA** A dynamic Yoga class that includes both sustained poses as well as flow to build strength and enhance flexibility. Attention is given to both breath and alignment, finishing with meditation and relaxation.

**YIN YOGA** is a slow-paced style of yoga where poses, or asanas, are held for longer periods, typically ranging from 3 to 5 minutes or even longer. Unlike more dynamic styles of yoga, Yin yoga targets the connective tissues, such as ligaments, tendons, and fascia, rather than focusing on muscular engagement.

**VINYASA YOGA** This is a creative form of Yoga where poses are linked together with breath in a flowing sequence. With a variety of sequencing techniques, no class is ever the same! Build your strength, flexibility, core, breath awareness and mind-muscle connection in this mindful and powerful class.

**VINYASA CORE** In this Core strength Vinyasa class, specific poses and sequences are designed to help access and understand your core which improves alignment and stability. Classes are dynamic and bring benefits of stronger and more flexible bodies as well as benefits of increased focus, confidence, and self-awareness.

**HATHA YOGA** is a branch of yoga that focuses on physical postures (asanas) and breathing techniques (pranayama) to achieve balance between the body and mind. The word "hatha" itself is often translated as the union of the sun (ha) and moon (tha), symbolizing the balance of opposing forces.

**Mat Pilates** an overall body conditioning class that will improve flexibility, build strength, and develop core control. Emphasis is placed on both alignment and breathing throughout the class.

## JOIN OUR GROUP FITNESS CREW!

Keep up to date with all things Group Fitness via our Movement Cornubia Crew Facebook Group.

Simply scan the QR code below or search “Movement Cornubia Crew” on Facebook. We can’t wait to see you on the inside!

