

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	powerride 5:30 - 6:15 Bec	LES MILLS RPM 5:30 - 6:15 Nic afterburner 5:45 - 6:30 Flavia	afterburner 5:30 - 6:15 VP LES MILLS RPM 5:45 - 6:30 Catherine	LES MILLS RPM 5:30 - 6:15 Nic abt 5:45 - 6:30 Tayah	supercircuit 5:30 - 6:15 Dean		
6:00 AM	LES MILLS BODYPUMP 6:00 - 6:45 Catherine supercircuit 6:15 - 7:00 Tayah	yoga 6:30 - 7:30 Jaime running club 6:00 - 7:00 Travis	powerbar 6:15 - 7:00 VP pilates 6:30 - 7:15 Natalie	yoga 6:30 - 7:30 Jaime running club 6:00 - 7:00 Travis	LES MILLS BODYPUMP 6:00 - 6:45 Catherine		
7:00 AM			yogalaties 7:30 - 8:15 Frenzy LES MILLS RPM 7:45 - 8:30 Nikki	step n tone 7:30 - 8:15 Helen	LES MILLS RPM 7:00 - 7:45 Catherine	afterburner 7:15 - 8:00 Chantee/Tayah LES MILLS RPM 7:30 - 8:15 Charmaine zumba 7:30 - 8:15 VP	
8:00 AM	LES MILLS BODYPUMP 8:30-9:30 Ruth yin yoga 8:30 - 9:15 Carolyn	LES MILLS RPM 8:30 - 9:15 Nikki stretch 8:30 - 9:15 Frenzy	yin yoga 8:30 - 9:15 Frenzy LES MILLS BODYPUMP 8:45 - 9:15 Charmaine Full body shred 8:30 - 9:15 Ryan	litemoves 8:30 - 9:15 Helen supercircuit 8:30 - 9:15 Chantee LES MILLS RPM 8:45 - 9:30 Nic	supercircuit 8:30 - 9:15 Shonna barre 8:30 - 9:15 Leana LES MILLS BODYPUMP 8:40 - 9:25 Dani	boxing 8:15 - 9:00 Tracey LES MILLS BODYPUMP 8:30 - 9:15 Lucy	LES MILLS BODYBALANCE 8:00 - 9:00 Grace pump/cycle 8:30 - 9:30 Lucy
9:00 AM	supercircuit 9:00 - 9:45 Chantee LES MILLS RPM 9:30 - 10:15 Nikki barre 9:30 - 10:15 Carolyn	supercircuit 9:00 - 9:45 Ryan barre 9:30 - 10:45 Frenzy	LES MILLS BODYBALANCE 9:30 - 10:30 Natasha boxing 9:00 - 9:45 Ryan abt 9:30 - 10:00 Charmaine	barre 9:30 - 10:15 Rach	yogalaties 9:30 - 10:15 Anna powerride 9:30 - 10:00 Dani LES MILLS BODYBALANCE 9:30 - 10:15 Rachel	LES MILLS BODYBALANCE 9:30 - 10:30 Rachael	
10:00 AM	litemoves 10:30 - 11:15 Charmaine yogaflow 10:30 - 11:30 Carolyn	yoga 10:30 - 11:30 Craig	mobility 10:15 - 11:00 Mitch pilates 10:30 - 11:15 Kate	foam roller stretch 10:30 - 11:30 Rach			
4:00 PM	LES MILLS BODYSTEP 4:30 - 5:15 Chelsea pilates core 4:45 - 5:15 Elise	abt 4:30 - 5:00 Charmaine yoga 4:30 - 5:30 Jaime	LES MILLS BODYPUMP 4:30 - 5:15 Lucy stretch 4:30 - 5:15 Rach	LES MILLS BODYSTEP 4:00 - 4:45 Chelsea pilates 4:30 - 5:15 Rach	LES MILLS RPM 4:30 - 5:15 Jayde		LES MILLS RPM 4:30 - 5:15 Shandelle
5:00 PM	LES MILLS RPM 5:15 - 6:00 Nikki yoga 5:30 - 6:30 Elise afterburner 5:30 - 6:15 Dean powerbar 5:30 - 6:15 VP	powerride 5:15 - 5:45 Charmaine LES MILLS BODYBALANCE 5:30 - 6:30 Rachel afterburner 5:30 - 6:15 Mitch meditation 5:45 - 6:15 Jaime	LES MILLS RPM 5:30 - 6:00 Dani yin yoga 5:30 - 6:30 Rach bodyattack 5:30 - 6:15 Catherine	zumba 5:00 - 5:45 VP LES MILLS RPM 5:30 - 6:15 Jayde afterburner 5:30 - 6:15 Mitch foam roller stretch 5:30 - 6:15 Rach	powerbar 5:15 - 6:15 VP		
6:00 PM	yin yoga 6:30 - 7:15 Elise		bootyblast 6:10 - 6:40 Dani				

Stay up to date with all things group fitness, join "Tweed Groupies" on Facebook

Reception hours: Mon-Thurs 8:00am - 7:00pm, Fri 8:00am - 5pm, Sat 8:00am - 12:00pm

Creche: Mon to Wed 8.15 - 11.45am & 4.15 - 7.00pm, Thurs & Fri 8.15 - 11.45am, Sat 7 - 10:45am.

Bookings Essential for classes and creche through the GymMaster Member app



## CARDIO

### LES MILLS BODYSTEP

A cardio program using an adjustable step to challenge cardio fitness and develop leg strength. Great way to tone thighs and butt.

### LES MILLS RPM

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.

### powerride

A 30 or 45-minute bike class based on power output. Using precise numbers on the console to get you fitter, stronger, leaner – faster. All levels welcome.

### superspin

Designed to test your cardio fitness. Maximum output and burning of calories all while on a stationary bike. This class is an absolute calorie destruction! Fantastic for shaping and toning your lower body and dramatically increasing your fitness level. Set to motivating high energy music in a fun and friendly environment.

### zumba

Fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.

### litemoves

A low impact class that will focus on improving cardio fitness, overall toning and increase core strength. Suitable for all fitness levels.

## STRENGTH & HIIT

### afterburner

High Intensity Interval Training (HIIT) utilizing MyZone. Mixed classes with body weight, suspension, kettlebells, functional strength and cardio training. A workout that will keep you accountable whilst recording your hard work.

### supercircuit

A circuit class targeting strength and fitness. This class is a body changing experience.

### full body shred

A functional class that is sure to burn calories, working the entire body to lean muscle mass.

### LES MILLS BODYPUMP

The fastest way to change your body shape. Adjustable weight loaded barbells allow you to increase your lean muscle mass (without building 'bulk') burning more calories and ensuring awesome muscle tone as well as improving your posture.

### bootyblast

A class designed purely to focus on strengthening and toning butt and legs using weights and bands.

### 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

### powerbar

A barbell and plate workout that targets each of the main muscle groups giving strength and endurance to the body.

A huge calorie burning class that will create long lean muscle.

## 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.

### yinyoga

A therapeutic class that is meditative, slow paced, and helps balance an active lifestyle. Exploring long deep stretching to enhance flexibility and joint mobility while encouraging healing and realigning the body's connective tissues. All levels welcome.

### holistic yoga

This class aims to create balance and restore the natural condition of a healthy body and mind through a total mind body connectiveness incorporating postures of flow and breath.

### yogalaties

A wonderful combination of Yoga and pilates movements for great tone and lengthening of muscles.

### recovery stretch

Lengthen your muscles, release tension, and calm your nervous system in this evening stretch

### barrebody

A fun, energetic workout inspired from both dance and pilates that will strengthen and tone postural muscles.

### 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.

### stretch

A wonderful class designed to stretch and lengthen muscles and limbs for longevity, health and wellbeing.

### yogaflow

A fluid vinyasa based yoga class focusing on building strength, stability and flexibility whilst creating heat within the body, improving discipline and mental focus, with each movement sequenced to the breath. Classes will focus on working towards a peak yoga pose, with modified options provided for all levels of practice.

### yoga hatha

A slower style of yoga encompassing yoga postures and breathing techniques.

## CORE CONDITIONING

### core

A 30-minute strength workout that trains the stabilising trunk muscles. Ideal for tightening the tummy and butt while also improving functional strength and assisting in injury prevention.

## OUTDOOR TRAINING

### running club

Whether you have always wanted to learn to run or are already a serious runner, this is the perfect way to add cardio to your workout schedule while running with friends all guided by a well trained athlete.