

bodyblaster	BODYBLASTER is a cardio charged workout that is high energy and motivating. Start your week on the right foot with 45 minutes of bodyweight exercises and cardio.
PILATES	PILATES (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness
	Cardio Aqua is a low impact cardio 45 minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles that gets the heart pumping.
	DEEP WATER AQUA involves the performance of movement while suspended in water wearing a buoyancy belt, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners.
	GENTLE AQUA uses the heated water of the leisure pool as it is relaxing for muscles and joints, making moving them easier and more comfortable. The buoyancy of water also reduces the load on the joints. This class provides fun equipment and socialising that you hardly realise you are working out.
NIFTY FIFTYS	NIFTY FIFTY'S class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus.
STRENGTH for life 50+	COTA STRENGTH FOR LIFE Strength training for seniors under the qualified instruction of a specially-trained instructor. Note: this class requires prior registration. Please see front office for details.
RIPPED	Resistance, Intervals, Power, Plyometrics, Endurance & Done. Cardio and strength all in one.
PUMPED UP	PUMPED UP is a strength workout using barbells, dumbbells and bodyweight. Instructors will coach you through moves and techniques pumping out encouragement, helping you achieve much more than on your own!
TEEN TIME	TEEN TIME is a supervised 90 mins for teens aged 13 up to and including 16 years of age.
HIIT <small>high intensity interval training</small>	High Intensity Interval Training (H.I.I.T) will have you supercharging your fitness, giving all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery period. Boosting your metabolism, burning fat even after you have finished class.
LES MILLS sprint	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
BOOTCAMP	BOOTCAMP This 45 minute class packs a punch with a total body work out using all sorts of equipment.
SUPERSESSION	A super charged session to get your blood pumping and start your weekend with a big calorie burn
Low Impact High Intensity	Low impact high intensity A 45 minute combination of circuit, interval and resistance training using a variety of equipment and bodyweight exercises. Choose your own intensity and modifications as needed- although we certainly provide the opportunity to work hard.
SPIN HIIT! 	SPIN HIIT is a 30 minute HIIT session on a stationary bike to freestyle music. a great cardio workout to test you at your own levels.

From 2nd MAY 2022



Group Fitness Timetable

Opening Times

Monday – Thursday	6am – 8pm
Friday	6am - 7pm
Saturday and Sunday	8am – 3pm
PUBLIC HOLIDAYS	8am - 1pm



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Barossarfc.com.au

-Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.

-teen timers can participate in those classes marked with *

-For classes to commence on time please arrive 10 minutes before class start time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am		RIPPED (45) Kelvin – court 1	LES MILLS SPRINT* (30) Lynda-studio MUST BOOK	HIIT* (30) Kelvin – court 1	SPIN HIIT* (30) Kelvin – Stidio MUST BOOK	8:15AM (45) SUPERSESSON Kelvin / Shaun
9.15am	PILATES* (45) Susan - MPR ‘ MUST HAVE OWN MAT	PUMPED UP (45) Emma– court	LES MILLS SPRINT* (30) Lynda- studio MUST BOOK	RIPPED (45) Emma – court 1	LOW IMPACT / HIGH INTENSITY* (45) Emma– court	
9.15am	BODYBLASTER* (45) Emma – Court			PILATES* (45) Susan – MPR MUST HAVE OWN MAT		
10.30am	STRENGTH FOR LIFE (60) Emma – gym	NIFTY FIFTYS (60) Emma – court	STRENGTH FOR LIFE (60) Emma– gym	NIFTY FIFTYS (60) Emma– court	STRENGTH FOR LIFE (60) Emma – gym	
3.30pm	TEEN TIME* (90) Charli – Gym	TEEN TIME* (90) Charli / Shaun - Gym	TEEN TIME* (90) Charli / Shaun- Gym	TEEN TIME* (90) Charli / Shaun - Gym		
5.15pm	SPIN HIIT* (30) Kelvin – Stidio MUST BOOK	HIIT* (30) Charli / Shaun– MPR	RIPPED (45) Shaun / Charli court 1	BOOTCAMP (45) Shaun / Kelvin - MPR		
			AQUA			
6.30am		CARDIO AQUA* Lisa – leisure pool MUST BOOK		CARDIO AQUA* Lisa - leisure pool MUST BOOK		
8.45am	CARDIO AQUA* Lisa – lap pool MUST BOOK		DEEP WATER* Lisa – lap pool MUST BOOK		DEEP WATER* Lisa – lap pool MUST BOOK	
9:30am	GENTLE AQUA* Lisa – leisure pool MUST BOOK		GENTLE AQUA* Lisa – leisure pool MUST BOOK		GENTLE AQUA* Lisa – leisure pool MUST BOOK	
6.30pm	CARDIO AQUA* Lisa - leisure pool MUST BOOK			CARDIO AQUA* Lisa – leisure pool MUST BOOK		