



CITYSIDE CLASS TIMETABLE AUTUMN 2019

ACTIVITY KEY

- Strength
- Cardio
- Total Body Conditioning
- Mind & Body
- HIIT
- Boxing
- CORE

	MORNING				MID DAY	EVENING							
MON	6.15-6.45 GYMCO METCON	6.45-7.00 GYMCO CORE	9.30-10.15 BOOT CAMP			5.30-6.00 SWEAT BOX	5.45-6.45 BODY PUMP™	6.00-6.45 STUDIO CYCLE	6.50-7.35 BODY COMBAT	7.00-7.30 SPRINT	7.45-8.45 PILATES		
TUE	6.15-7.00 BODY PUMP	7.05-7.35 GYMCO HIIT	9.30-10.15 BOXING CIRCUITS	10.15-10.30 GYMCO CORE		5.45-6.30 STUDIO CYCLE	6.00-6.30 GRIT™	6.40-7.10 CXWORX	7.15-7.45 GYMCO EMOM				
WED	6.30-7.15 STUDIO CYCLE		9.30-10.15 BODY PUMP™		12.45-1.15 SPRINT	5.15-5.45 HIIT CYCLE	5.30-6.00 SWEAT BOX	5.45-6.30 BODY PUMP™	6.30-7.00 BODY COMBAT	7.00-7.15 GYMCO CORE			
THU	6.15-7.00 GYMCO METCON		9.00-9.30 GYMCO AMRAP	9.30-10.00 SPRINT		6.00-6.45 BODY COMBAT	6.00-6.45 STUDIO CYCLE	6.50-7.20 GRIT™	7.30-8.30 YOGA				
FRI	6.30-7.00 SPRINT	7.05-7.35 CXWORX	9.30-10.00 BODY PUMP	10.00-10.30 CX WORX	1.00-1.30 SPRINT		5.30-6.00 GRIT™	6.00-6.15 GYM CO CORE					
SAT		8.15-9.00 BODY PUMP™	9.15-9.45 SPRINT		1.00-1.30 GYM CO METCON								
SUN		9.30-10.00 SPRINT	10.00-10.45 BOOT CAMP	10.30-11.30 YOGA									

GymCo AMRAP: AMRAP (As Many Reps/Rounds As Possible) is where you challenge yourself to complete as many reps as you possible can. It's You Vs You in this ever changing class that will cater for all levels of fitness

GymCo MetCon: MetCon (short for Metabolic Conditioning) combines weight training and high-intensity bodyweight training to drive your metabolism up meaning that your daily calorie burn will be increased helping you to improve your fitness and reduce bodyfat.

GymCo EMOM: Every Minute On the Minute is a challenge where you will complete a certain number of reps inside 60 seconds. The faster you finish the more recovery you get before the next minute begins. Using both weight based and body weight training, this will give you amazing all round conditioning.

GymCo Core: A short and sweet addition to our timetable where you will work to shape and strengthen your core muscles helping you to train, look and feel better.

LES MILLS BODYPUMP™: The Original Barbell workout that strengthens and shapes your entire body. Using the REP EFFECT™ -light weights, high reps- you will feel the change happening instantly.

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. A high intensity, low impact workout, it's scientifically proven to return rapid results.

LES MILLS GRIT™: is a 30-minute high-intensity interval training (HIIT) based workout, designed to make you perform like an athlete. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

LES MILLS CX Worx: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

LES MILLS BODYCOMBAT™: Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

Studio Cycle: This indoor cycling experience is an incredible way to get fit and burn lots of calories. You'll be taken on a journey away from the gym, over hills, along open roads, down fast descents and on to a fitness high like no other.

HIIT Circuit: This 30 minute workout will shift your fitness, increase your lean muscle mass and get you lean in the most efficient way possible. Using supersets, combo sets and Tabata style training to push your heart rate into the red zone.

Circuits: This workout will get you toned and burning heaps of calories due to its combination of resistance, cardio and core exercises. You can get a lot done in 45 minutes.

Bootcamp: This Circuit style workout based on military techniques and is guaranteed to challenge both your mental and your physical strength. Are you tough enough?

Boxing Circuits: Boxing meets Conditioning with Fight-style fitness class. You'll train muscles in a similar way to boxers while getting some frustration out on the boxing pads. This will leave you like a Champion

Sweat Box: A 30 minute workout that will teach you the skills of a boxer as well as give your body a great conditioning workout. Using Padwork, Bag work and a mix of bodyweight exercise straight out of the boxing gym, you'll be in champion shape in no time.

Yoga: Originating from Ancient India, Yoga is made up of a series of poses, meditation and breathing techniques to give you greater control of the body and the mind as well as improving flexibility and mobility.

Pilates: Focusing largely on correct breathing, spinal and pelvic alignment and a concentration on smooth flowing movements this is class is the perfect way to strengthen your core and develop a powerful posterior chain.

