

WORLD GYM[®] PROSPECT

GROUP FITNESS STUDIO All classes are 60 minutes unless otherwise noted

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BOXFIT Heather	BOXFIT Donald		LES MILLS BODYBALANCE San	LES MILLS BODYPUMP Heather		
7:00AM						YOGA Lisa	
8:00AM						WG PUMP Jenni	
9:15AM						ZUMBA Omkar 45'	
9:30AM	LES MILLS BODYPUMP Dana	YOGA Lisa	ZUMBA Deborah 45'	LES MILLS BODYPUMP Jodie	(9:45am) BOXFIT Jodie 45'		YOGA Sidd
10:00AM						BOXFIT Lauren	
10:30AM	YOGA Lisa		(10:15am) POP PILATES Jenni 45'	LES MILLS CORE Jodie 30'	PILATES San		
11:00AM				LES MILLS BODYCOMBAT Jodie 30'			

Evening Classes

5:30PM	LES MILLS BODYBALANCE Kate	WG ATTACK Apple 45'		BOXFIT Lauren 45'			
6:00PM					LES MILLS BODYPUMP Charry 30'		
6:15PM			WG WARRIOR Dana 45'	BOXFIT Lauren 45'			
6:30PM	LES MILLS CORE Kate 30'	ZUMBA Zen			LES MILLS CORE Charry 30'		
7:00PM	(7:15pm) WG PUMP Jenni	(7:45pm) PILATES Dana	PILATES Dana	LES MILLS BODYBALANCE Kate	YOGA Charry		

FUNCTIONAL AREA All classes 45 minutes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						X-STRONG Kalisha	X-STRONG Kalisha
9:30AM	X-FIT Jayden	ABT Ellie	X-STRONG Ellie	HIIT Ellie	ABT Jayden	X-FIT Kalisha	

Evening Classes

5:30PM	HIIT Jayden	X-STRONG Taylor	ABT Lauren	X-FIT Donald	HIIT (6pm) Kalisha		
6:30PM	ABT Jayden	X-FIT Taylor	HIIT Lauren				

CLASS DESCRIPTIONS	
LES MILLS BODYCOMBAT	A martial-inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master. High intensity
LES MILLS BODYPUMP	A weights class designed for absolutely everyone. Using light-moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories. Moderate to high intensity
LES MILLS CORE	Provides the vital ingredient for a stronger body while chiselling your core. A stronger core makes you better at all things you do - it's the glue that holds everything together. Moderate to high intensity
LES MILLS BODYSTEP	The ultimate Step class! The world's fastest way to tone butts and thighs. Have fun and get results fast. This class is accessible for a wide variety of fitness levels through progressions and regressions. High intensity
WG ATTACK	An intense sports inspired cardio, calorie consuming interval workout, aimed at primarily developing cardiovascular fitness that uses basic aerobic moves in a high energy format. High intensity
LES MILLS BODYBALANCE	Ideal for anyone and everyone, BodyBalance is the yoga-based class that will improve your mind, your body and your life. During BodyBalance, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered. Moderate intensity
POP PILATES	Where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat. You'll experience a mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Moderate to high intensity
PILATES	The Pilates method brings together low impact flexibility, muscular strength and endurance movements. A workout for all fitness levels that builds core strength and stability, long lean muscle, and a sharp mind muscle connection. Low intensity
WG PUMP	A weighted class designed for everybody. If you're looking for the perfect combination of heart pumping cardio and intense strength training, this class is it! Each week the format and the equipment used will change to make for increased calorie burn and total body workout. Moderate to high intensity
WG WARRIOR	Unearth your inner Warrior in this high intensity mixed martial arts inspired workout. Feel unstoppable as you move with the music through a series of energetic trance-like rhythmic combos of heart pumping moves guaranteed to lift you up and get you fit! High intensity
YOGA	A style characterised by stringing postures together so that you move from one to another seamlessly, using breath. Commonly referred to as "flow". The aim of this class is to bring the internal heat of the body and build strength and power. This heat will help burn and tone particular muscles to push you further. Moderate to high intensity but low impact
BOXFIT	A cardiovascular workout increasing stamina in the heart and lungs. Classes are for all fitness levels, based on the training used for boxing, so includes skipping, boxing drills including footwork and abdominal work focusing on fitness and toning. Bring your own boxing gear along to this one! High intensity
ZUMBA[®]	A fitness program that involves cardio and Latin-inspired dance. Each class is designed to bring people together, take the "work" out of workout by mixing low-intensity and high intensity moves for an interval-style calorie-burning dance fitness party! Moderate to high intensity

CLASS DESCRIPTIONS	
ABT	Abs, Butts & Thighs is a mat based workout focusing on abdominals, glutes and quads incorporating these muscle group specific exercises into a fun, group fitness environment. Low to high intensity but no impact
X-FIT	Circuit Style workout combines strength training with cardiovascular training. Perfect balance of strength training meets cardio training with exercises performed with little or no rest in-between. High intensity
X-STRONG	Circuit style workout combines strength training and endurance training. Push yourself to the limits with this jam-packed session focused on maximising your strength. High intensity
HIIT	HIIT is a combination of strength and endurance class, Mixture of weighted and body weight exercises to maximise your workout. This class hits all your muscle groups to give you a full body workout in 45 minutes. High intensity