

Body Shape Warringah Mall Timetable

Group Fitness Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
	6.00	5.45-6.30 Body Pump XPRS	6.00-6.30 Body Attack XPRS		Fat Burner	Body Pump	*Please note different starting class times on weekends		
	6.30		6.30-7.00 Body Sculpt				8.30	Body Pump	
	8.30	8.45-9.15 Mindfulness	Body Pump		8.45-9.15 Meditation	Hatha Yoga	9.30	Pilates XPRS	Body Pump
	9.30	Body Pump	Abs, Butts, Thighs	Body Pump	Zumba	Pilates	10.00	Ab blaster XPRS	
	10.30	H.I.I.T Tabata XPRS	Dynamic Flow Yoga	Zumba	Body Pump	Body Attack XPRS	10.30	Zumba	Pilates
	11.00	Zumba			11.00-11.30 Circuit XPRS (Gym floor)	Ab Blaster XPRS	11.30	Hatha Yoga	
	11.30			Gentle Flow Yoga			WHY DO WE EXERCISE? <ul style="list-style-type: none"> • Boost happiness levels • Assist with weight loss • Increase energy • Increase strength and flexibility • Boosts immune system • Increases confidence • Reduces stress • Improves sleep Please Note: Classes are 60min and XPRS classes are 30min unless stated otherwise		
	4.30		Body Attack		Pilates				
	5.00	5.00-5.45 Body Pump XPRS		H.I.I.T XPRS					
	5.30		Body Pump	Ab Blaster XPRS	5.30-6.00 Body Attack XPRS	5.45-6.30 Boxing XPRS			
	6.00	5.45-6.15 AB Blaster XPRS		Boxing	6.00-6.15 Body Sculpt				
	6.15				6.15-6.30 Mobility/ Stretch				
	6.30	6.15-7.00 Boxing XPRS	Zumba		Zumba				
	7.00	Pilates		Hatha Yoga					
	7.30		Hatha Yoga						

cycle Studio	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Please Note: Cycle Classes are 45min and XPRS classes are 30min.
	6.30am Cycle XPRS		6.15am Cycle				8.30am Cycle	
		9.45am Cycle		9.45am Cycle	9.30am Cycle	9.30am Cycle		
			10.30am Cycle Tabata XPRS					
				5.30pm Cycle				

Shop 601 Warringah Mall, Brookvale NSW 2100 (Opposite Hoyts) Ph. 9939 3311

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Class Descriptions

CARDIO	<u>Workouts designed to increase your cardiovascular health, improve your fitness & burn calories!</u>
Body Attack	Sports inspired cardio workout for building stamina. This high energy interval training class combines athletic aerobic movements with strength exercises.
Boxing	Pick a sparring partner & get lean and toned with this high cardio high energy workout.
H.I.I.T Tabata	High intensity interval training with 30 seconds on, 10 seconds rest to maximize results.
Cycle	Mix of high intensity/endurance exercises on a spin bike, set to music. A great workout for your heart and lungs. No coordination required for this incredible stationary cycle workout.
STRENGTH	<u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u>
Body Pump	The original barbell class that will sculpt tone and strengthen your entire body fast. Focusing on low weight loads high repetitions producing lean body muscle conditioning.
Ab Blaster	Centralised strength & conditioning for the abs.
Body Sculpt	A combination of strength and toning exercises focusing on abs, butt's and thigh's.
STRENGTH/CARDIO	<u>The best of both Worlds! Get fit & firmer - all in the one session!</u>
Circuit XPRS	Circuit XPRS is the best of both worlds. You get the attention to detail, help with technique, as well as the group energy of support and encouragement that comes with a community.
Abs, Butts, Thighs	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas.
Fat Burner	Changing every week for maximum fat loss & calorie after burn, suitable for all levels of fitness.
H.I.I.T XPRS	High Intensity Interval Training - bursts of energy resulting in all-over body conditioning, suitable for ALL fitness levels.
DANCE	<u>Dance yourself fit, burn calories & have fun at the same time!</u>
Zumba	The Zumba program fuses Latin rhythms and International music to create a fun, dance based workout.
MIND AND BODY	<u>Improve your flexibility, strengthen your core & spine - & relax!</u>
Dynamic Flow Yoga	A stronger & faster flowing Yoga practice.
Gentle Flow Yoga	A gentle guided flow of postures finishing with relaxation.
Hatha Yoga	General yoga class with guided yoga postures and relaxation.
Pilates	Strengthen your core, improve your flexibility & lengthen through your spine.
Mindfulness	Mindfulness lights up parts of our brains that aren't normally activated when we're mindlessly running on autopilot. Join the class to de-stress and rejuvenate, increase peak performance and boost happiness.
Meditation	Heartfulness meditation. Quiet the mind and learn to meditate. Beginners welcome. Free class for the members and the community.
Mobility/ Stretch	Improve alignment, prevent and help with injuries, relieve tension.

GYM HOURS

Mon	5:30am – 9pm
Tues-Thu	5:45am – 9pm
Fri	5:45am – 8pm
Saturday	6.45am – 5pm
Sunday	8.15am – 3pm
Public Holidays:	9.00am – 1pm

KIDS CLUB HOURS

Mon:	8:30am - 12:30pm / 4:30pm - 6:30pm
Tues:	8:30am - 12:30pm / 4:30pm - 6:30pm
Wed:	8:30am - 12:30pm
Thurs:	8:30am - 12:30pm / 4:30pm - 6:30pm
Fri:	8:30am - 11:30am
Sat:	8:30am - 11:30am
Sun:	Closed

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