

# 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		6-6.45 Fat Burner XPRS		*Please note different starting class times on weekends		
6.30		6.30-7.00 Body Sculpt				8.30	Body Pump	
8.30	8.45-9.20 Heartfulness Meditation	8.30-9.15 Body Pump XPRS			8.25-9.20 Hatha Yoga	9.30	9.45-10.30 Pilates XPRS	9.15-10 Body Pump XPRS
9			9-9.30 Circuit XPRS (Gym Floor)	9.15-10 Zumba XPRS		10		10.10-10.40 Body Burn
9.30	9.30-10.15 Body Pump XPRS	Abs, Butts and Thighs	9.30-10.15 Body Pump XPRS		9.25-9.55 Pilates XPRS	10.30	10.30-11.25 Zumba	10.45-11.45 Pilates
10				10-10.45 Zumba XPRS	10-10.30 Pilates XPRS	11.30	Hatha Yoga	
10					10-10.30 Circuit XPRS (Gym Floor)			
10.30	10.20-10.50 Booty Express	10.35-11.30 Dynamic Flow Yoga	10.30-11.15 Barre	10.45-11.45 Body Pump	10.35-11.05 Body Attack XPRS			
11.00	11-11.45 Zumba XPRS				11.05-11.35 Ab Blaster XPRS			
12.00	11.45-12.30 Zumba XPRS							
11.30			Gentle Flow Yoga					
4.30		4.30-5 Body Attack XPRS						
5.00	5.00-5.45 Body Pump XPRS	5-5.30 Body Blitz	5-5.30 H.I.I.T XPRS	5-5.45 Pilates				
5.30		5.30-6.15 Body Pump XPRS	5.35-6.05 Ab Blaster XPRS	5.50-6.20 ABT XPRS				
6.00	6-6.30 ABT Blaster XPRS							
6.30	6.30-7 Box Fit XPRS	Zumba	Hatha Yoga	Zumba XPRS				
7.00	Pilates	7.30-8.30 Hatha Yoga		Zumba XPRS				

Please bring your own towel and mat to classes. Remember to practice social distancing and to wash hands/sanitize hand upon arrival to the gym.

We provide wipes and spray for you to disinfectant equipment after use.

### GYM HOURS

Mon	5:30am – 8pm
Tues	5:45am – 9pm
Wed – Thu	5:45am – 8pm
Fri	8:15am – 6pm
Saturday	6.45am – 3pm
Sunday	8.10am – 1pm
Public Holidays:	9.00am – 1pm

### KIDS CLUB HOURS

Mon:	9:30am - 12pm
Tues:	8:30am - 11:45am
Wed:	9:30am - 12:30pm
Thurs:	9am – 11:30am
Fri:	8:30am - 11:45am
Sat:	8:30am - 11:30am
Sun:	Closed

cycle

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6.30am Cycle		6.15am Cycle				8.20am Cycle	<b>Please Note:</b> Cycle Classes are 45min and XPRS classes are 30min.
9.30am Cycle XPRS	9.45am Cycle	10.30am Cycle Tabata XPRS	9.25am Cycle Tabata XPRS	9.30am Cycle	9.30am Cycle		
			10.00am Cycle Tabata XPRS				
			5.30pm Cycle				

## Class Descriptions

<b>CARDIO</b>	<b><u>Workouts designed to increase your cardiovascular health, improve your fitness &amp; burn calories!</u></b>
Body Attack	Sports inspired cardio workout for building stamina. This high energy interval training class combines athletic aerobic movements with strength exercises.
Boxing (temporarily postponed)	Pick a sparring partner & get lean and toned with this high cardio high energy workout.
Box Fit	A full body workout, with a mix of martial arts and air kick boxing (No gloves or contact).
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.
<b>STRENGTH</b>	<b><u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u></b>
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 thighs.
<b>STRENGTH/CARDIO</b>	<b><u>The best of both Worlds! Get fit &amp; firmer - all in the one session!</u></b>
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 (ABT)	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.
Body Burn	Let the calories burn away in this high energy body weight exercise class. Functional training with cardio bursts will get the heart rate up and keep you toned.
Body Blitz	15 minutes cardio, 15 minutes strength training using your own body weight. Perfect for all fitness levels!
Booty Express	Wake up those glutes and shape and tone your booty! In this class, we use both resistance bands and weights to not only build and sculpt your glutes, but to also obtain better posture and prevent injury.
H.I.I.T XPRS	High Intensity Interval Training - bursts of energy resulting in all-over body conditioning, suitable for ALL fitness levels.
<b>DANCE</b>	<b><u>Dance yourself fit, burn calories &amp; have fun at the same time!</u></b>
Zumba	The Zumba program fuses Latin rhythms and International music to create a fun, dance based workout.
<b>MIND AND BODY</b>	<b><u>Improve your flexibility, strengthen your core &amp; spine - &amp; relax!</u></b>
Dynamic Flow Yoga	A stronger & faster flowing Yoga practice.
Barre	Complete Barre fitness class that combines the best of Pilates, fitness training and ballet. A challenging and holistic workout to achieve a toned, lean, and balanced body.
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 are not normally activated when we're mindlessly running on autopilot. Join the class to de-stress and rejuvenate, increase peak performance, and boost happiness.
Heartfulness	Heartfulness meditation. Quiet the mind and learn to meditate. Beginners welcome. Free class for the members and the community. (seated in a chair)

