

Body Shape Warringah Mall Timetable

| | Time | Mon | Tues | Wed | Thurs | Fri | | Sat | Sun | |
|---------------|---------|----------------------------------|---|------------------------------------|---------------------------------|--|------------------------------------|---|--|-----------------------|
| Group Fitness | 6.00 | | 6.00-6.30 Cardio Blast XPRS | | 6.00-6.45 Fat Burner XPRS | 6.00-6.45 HIIT | | 8.30-9.30 Body Pump | 7.50am-8.50am Hatha Flow Yoga | |
| | 6.30 | | 6.30-7.00 Body Sculpt | | | | | 9.45-10.30 Pilates XPRS | 9.00-9.45 Body Pump XPRS | |
| | 8.30 | Body Pump | Body Pump | X Train | | | Hatha Yoga | 10.30-11.30 Zumba | 9.50-10.20 G/F Body Burn | |
| | 9.00 | 8.40-9.15 K/C Meditation | | | | 9.00-9.45 Barre XPRS | 9.15-10.15 G/F X Train | | 11.30-12.30 Hatha Yoga | 9.50-10.50 Pilates |
| | 9.30 | 9.30-10.15 Body Pump XPRS | Abs, Butts and Thighs | Body Pump | | 9.45-10.45 Zumba | Pilates | | 12.30-1.30 Zumba | 10.50-11.50 Zumba |
| | 9.30 | | 9.30-10.00 G/F Circuit Low Impact | | | | | *Please note different starting class times on weekends | | |
| | 10.00 | 10.15-11.15 Pilates | | | | 10.00-10.30G/F Strength + Conditioning | | | | |
| | 10.30 | 10.20-10.50 G/F Booty Express | 10.30-11.30 Dynamic Flow Yoga | 10.30-11.15 Barre | | 10.45-11.45 Body Pump | 10.30-11.00 Body Attack XPRS | <p>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.</p> <p>We provide wipes and spray for you to disinfectant equipment after use.</p> <p style="text-align: center;">G/F = Gym Floor K/C = Kids Club</p> <p style="text-align: center;"><u>GYM HOURS</u></p> <p>Mon: 5:30am - 8pm Tues: 5:45am - 9pm Wed - Thu: 5:45am - 8pm Fri: 6:00am - 8.15pm Saturday: 6.45am - 4pm Sunday: 7:45am- 2pm</p> <p style="text-align: center;"><u>KIDS CLUB HOURS</u></p> <p>Mon: 9:15am - 12.15pm Tues: 9:00am - 12.00am Wed: 8:30am - 12:30pm Thurs: 9.00am - 11:45am Fri: 8:30am - 11:30am Sat: 8:30am - 11:30am Sun: Closed</p> | | |
| | 11.00 | | | | | | 11.00-11.30 Ab Blaster XPRS | | | |
| | 11.30 | 11.15-12.15 Zumba | | 11.15-12.15 Gentle Flow Yoga | | 11.45-12.45 Back to Basics | Zumba Gold | | | |
| | 4.30 | | 4.30-5.15 Pilates | | | | | | | |
| | 5.00 | 5.00-5.45 Body Pump XPRS | 5.15-5.45 X Train | 5-5.30 H.I.I.T XPRS | | Pilates | | | | |
| | 5.30 | 5.45-6.30 Body Attack | 5.45-6.15 Ab Blaster XPRS | 5.30-6 Ab Blaster XPRS | | | 5.15-6.15 Body Pump | | | |
| | 6.00 | | 6.15-7 Zumba XPRS | | | | | | | |
| | 6.30 | | | 6.45-7.45 Yin Yoga | | 6.30-7.30 Zumba | 6.15-7.15 Zumba | | | |
| 7.00 | Pilates | 7.45-8.45 Hatha Yoga | | | | 7.15-8.15 RnB | | | | |
| cycle | | 6.15am Cycle | 8.30am Cycle | 6.15am Cycle | 9.45am Cycle | 9:30am Cycle | 8.30am Cycle | 8.10am Cycle | <p>Please Note: Cycle Classes are 45min and XPRS classes are 30min.</p> | |
| | | 9:15am Cycle | 9.45am Cycle | 10.30am Cycle Tabata XPRS | | | 9:30am Cycle | | | |
| | | | 6.15pm Cycle | | 5.30pm Cycle | | | | | |

Class Descriptions

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|---------------------------------|---|
| 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. |
| Box Fit | A full body workout, with a mix of martial arts and air kick boxing (No gloves or contact). |
| Cardio Blast | Take your cardio fitness to the next level with this high energy mix of body weight and plyometric movements |
| 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. |
| H.I.I.T Tabata | High intensity interval training with 30 seconds on, 10 seconds rest to maximize results. |
| STRENGTH | <u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u> |
| Ab Blaster | Centralized strength & conditioning for the abs. |
| Body Sculpt | A combination of strength and toning exercises focusing on abs, butt's and thighs. |
| 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. |
| STRENGTH/CARDIO | <u>The best of both Worlds! Get fit & firmer - all in the one session!</u> |
| Abs, Butts, Thighs (ABT) | Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas. |
| Body Blitz | 15 minutes cardio, 15 minutes strength training using your own body weight. Perfect for all fitness levels! |
| 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. |
| 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. |
| 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. |
| Outdoor Boot Camp | A fun and fast paced mix of strength and cardio to set your heart rate and energy levels up. |
| Strength + Conditioning Circuit | The circuit 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. |
| X Train | X Train offers a wide range of disciplines to provide an overall body workout. X Train uses cross training & cross fit techniques utilizing major muscles of the body. |
| Back to Basics | This 'Back to Basics' class incorporates a mix of strength and cardio, suitable for all 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. |
| Zumba Gold | Zumba Gold is a modified Zumba Class for active older adults that recreates the original moves you love at a lower intensity. |
| RnB | Get ready to boogie and learn the hottest new dance moves from your favourite hip hop/RnB/ pop music. |
| MIND AND BODY | <u>Improve your flexibility, strengthen your core & spine - & relax!</u> |
| 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. |
| 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. |
| Meditation | Heartfulness meditation. Quiet the mind and learn to meditate. Beginner's welcome. Free class for the members and the community. (Seated in a chair) |
| Pilates | Strengthen your core, improve your flexibility & lengthen through your spine. |
| Yin Yoga | Slow paced style of yoga with asanas (postures) that are held for longer periods of time than in other styles. |