

Body Shape Warringah Mall Timetable

Group Fitness Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
	6.00	5.45-6.30 X Train	5.45-6.15 Cardio Blast XPRS	6.00-6.30 Strength XPRS	6.00-6.45 Fat Burner XPRS	6.00-7.00 Body Pump	7.00	7.30-8.20 Body Burn	7.50-8.50 Hatha Yoga
	6.30		6.15-6.45 Body Sculpt XPRS	6.30-7.00 HIIT			8.00	8.30-9.30 Body Pump	9.00-9.45 Body Pump XPRS
	8.30	8.30-9.30 Body Pump	8.30-9.30 Body Pump	8.30-9.30 X Train		8.30-9.30 Hatha Yoga	9.00	9.45-10.30 Pilates XPRS	9.50-10.20 G/F Body Burn
	9.00				9.00-9.45 Barre XPRS	9.15-10.15 G/F X Train	10.00	10.30-11.30 Zumba	9.50-10.50 Pilates
	9.30	9.30-10.15 Body Pump XPRS	9.30-10.30 Abs, Butts and Thighs	9.30-10.30 Body Pump	9.45-10.45 Zumba	9.30-10.30 Pilates	11.00	11.30-12.30 Hatha Yoga	10.50-11.50 Zumba
	10.00	10.15-11.15 Pilates		10.00-10.30 G/F Mobility & Stability Circuit	10.00-10.30 G/F Strength + Conditioning		*Please note different starting class times on weekends		
	10.30		10.30-11.30 Dynamic Flow Yoga	10.30-11.15 Barre XPRS	10.45-11.45 Body Pump	10.30-11.00 Cardio blast 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>Please note XPRS classes are 45minutes.</p> <p>G/F = Gym Floor K/C = Kids Club</p> <p>GYM HOURS</p> <p>Mon: 5:30am - 8pm Tues: 5:45am - 9pm Wed - Thu: 5:45am - 8pm Fri: 6:00am - 8pm Saturday: 6.45am - 4pm Sunday: 7:30am- 2pm</p> <p>KIDS CLUB HOURS</p> <p>Mon: 9:00am - 12.00pm Tues: 9:00am - 12.00pm Wed: 9:00am - 12:00pm Thurs: 9:00am - 12:00pm Fri: 9:00am - 12:00pm Sat: 8:30am - 11:30am Sun: Closed</p>		
	11.00	11.15-12.15 Zumba	11.00-11.30 G/F Circuit Low Impact			11.00-11.30 Ab Blaster XPRS			
	11.30	12.15-1.00 Rhythm XPRS	11.30-12.30 Zumba	11.15-12.15 Gentle Flow Yoga		11.30-12.30 Zumba Light			
	1.15	1.00-1.30 K/C Meditation							
	4.30	4.45-5.15 Booty XPRS	4.30-5.15 Pilates XPRS	4.45-5.15 Booty XPRS		4.15-5.15 Japanese Yoga			
	5.00		5.15-5.45 X Train	5.15-5.45 Cardio Blast + Abs XPRS	4.45-5.30 Pilates				
	5.30	5.15-6.00 Cardio blast XPRS	5.45-6.15 Ab Blaster XPRS	5.45-6.30 Strength + Abs XPRS	5.30-6.15 Pilates	5.30-6.30 Body Pump			
	6.30	6.00-7.00 Body Pump	6.15-7.15 Zumba	6.45-7.45 Yin by candlelight	6.30-7.30 Dance Fitness				
	7.00	7.00-8.00 Pilates	7.20-8.20 Hatha Yoga						
cycle	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Please Note: Cycle Classes are 45min and XPRS classes are 30min.	
	6.15am Cycle	8.45am Cycle	6.00am Cycle	9.45am Cycle	9:30am Cycle	8.30am Cycle	8.10am Cycle		
	9:15am Cycle	9.45am Cycle	10.30am Cycle Tabata XPRS			9:30am Cycle			
		6.15pm Cycle		5.30pm Cycle					

CARDIO	<u>Workouts designed to increase your cardiovascular health, improve your fitness & burn calories!</u>
Cardio Blast	Take your cardio fitness to the next level with a blast of full body moves. High and low impact options available.
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.
Booty Box	Box your way into fitness and firmness with our 30minute Booty Box class. By combining drills and specific glute training, you're getting the best possible chance to shape, tone and firm up your whole body.
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 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.
Fat Burner	Changing every week for maximum fat loss & calorie after burn, suitable for all levels of fitness.
H.I.I.T	High Intensity Interval Training - bursts of energy resulting in all-over body conditioning, suitable for ALL fitness levels.
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.
Booty XPRS	Grow your bootayy in this 30 minute class solely focused on your glute and leg muscles. This class is designed to tone, strengthen and grow your butt making you feel strong, stable and confident.
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 Light	Zumba light is a modified Zumba Class for active older adults that recreates the original moves you love at a lower intensity.
Dance Fitness	Get down to your favourite pop, hip-hop, Latin, Afro-fusion, Bollywood and belly dancing tunes in this lively dance party class. Learn fun new steps alongside beloved Zumba moves for a fun twist on your cardio.
Rhythm	Ever watched a Zumba class and wished you could dance the moves in Salsa or Tango dance? Our Rhythms class features the technique based on original Zumba choreography. We break down the steps, and help you understand the musicality and cultural elements of these fantastic Latin Rhythms which are used by all of our Zumba instructors.
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.
Mobility & Stability Circuit	Mobility & Stability Circuit is a low impact small group class designed to develop overall joint stability and functional core strength. Our qualified instructor will help you find and activate your pelvic floor, build strength, and help you build a strong and resilient body from the inside out. This class is suitable for pre and post-natal women, mature women and beginners.
Japanese Yoga	A focus before flexibility, this class is designed to bring better balance to your body. From menstrual issues to menopause, it will activate the energy channels of the body to optimise health.

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