

Body Shape Warringah Mall Timetable

Group Fitness Studio

Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
6.00	5.45-6.15 X Train XPRS	5.45-6.15 Cardio Blast XPRS	6.00-7.00 Yinyasa Flow	6.00-6.45 Burn & Build XPRS	6.00-7.00 Body Pump	7.00	7.30-8.15 Power Circuit XPRS	7.50-8.50 Hatha Flow
6.30	7.15-8.00 Pilates XPRS	6.15-6.45 Strength XPRS			8.00-9.00 Hatha Yoga	8.00	8.30-9.30 Body Pump	9.00-9.45 Strength XPRS
8.30	8.30-9.30 Body Pump	8.30-9.30 Body Pump	8.30-9.30 X Train		9.00-9.45 Pilates XPRS	9.00	9.45-10.30 Pilates XPRS	
9.30	9.30-10.15 Strength XPRS	9.30-10.30 Abs, Butts and Thighs	9.30-10.30 Body Pump	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
10.00	10.15-11.15 Pilates			10.00-10.45 Strength + Conditioning XPRS	9.45-10.30 Pilates XPRS	11.00	11.30-12.30 Hatha Yoga	10.50-11.50 Zumba
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 Circuit XPRS	12.30	12.30-1.00 Mindfulness	
11.00	11.15-12.15 Zumba	11.00-11.30 G/F Circuit Low Impact XPRS	11.00-11.30 G/F Mobility & Stability Circuit XPRS		11.00-11.30 Abs XPRS			
11.30	12.15-1.00 Zumba Technique XPRS	11.30-12.30 Zumba	11.20-12.20 Gentle Flow Yoga		11.30-12.30 Zumba Light			
1.15	1.00-1.30 K/C Meditation					<p>GYM OPEN 24/7</p>  <p>GYM STAFFED HOURS</p> <p>Mon-Thurs: 8am - 8pm Friday: 8am - 6pm Saturday: 8am - 3pm Sunday: 8am - 1pm</p> <p>KIDS CLUB HOURS</p> <p>Mon-Wed: 8:30am - 11:30am Thurs: 9.00am - 12:00pm Fri: 8:30am - 11:30am Sat: 8:30am - 11:30am Sun: Closed</p> <p>Please note XPRS classes are either 45minutes or 30minutes.</p> <p>G/F = Gym Floor K/C = Kids Club</p>		
4.30		4.30-5.15 Pilates XPRS			4.30-5.30 Strength Yoga			
5.00		5.15-5.45 X Train XPRS	5.00-5.30 Booty XPRS	4.45-5.30 Pilates XPRS				
5.30	5.15-6.00 Cardio blast XPRS	5.45-6.15 Ab Blaster XPRS	5.30-6.00 Cardio Blast + Abs XPRS	5.30-6.15 Pilates XPRS	5.30-6.30 Body Pump			
6.30	6.00-7.00 Body Pump	6.15-7.15 Zumba	6.00-6.45 Strength + Abs XPRS	6.15-7.15 Dance Fitness				
7.00	7.00-8.00 Pilates	7.20-8.20 Hatha Yoga	6.45-7.45 Yin by candlelight					

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
cycle	6.15am Cycle	9.45am Cycle	6.00am Cycle	9.45am Cycle	7.15am Cycle	8.30am Cycle	8.10am Cycle	Please Note: Cycle Classes are 45min and XPRS classes are 30min.
	9:15am Cycle	6.15pm Cycle	10.30am Cycle Tabata XPRS	5.30pm Cycle	9:30am Cycle	9:30am 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.
STRENGTH	<u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u>
Abs	Centralized strength & conditioning for the abs.
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	Improve your muscular strength, endurance, and improve your mobility and stability. Each session is a carefully programmed mix of upper and lower body work ensuring correct form.
Strength + Abs	Full body strength training class for all levels. Building lean muscle as we target all major muscle groups using barbells and dumbbells.
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.
Power Circuit	Let the calories burn away in this high energy body weight exercise class. Functional training in a circuit formation with cardio bursts will get the heart rate up and keep you toned.
Burn & Build	A combination of cardio and strength exercises designed to burn fat, tone, sculpt and build muscle.
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.
Circuit	Improve your strength and fitness in this total body workout using strength, balance and agility exercises in a circuit formation.
Booty	Grow your bootay 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.
Zumba Technique	Ever watched a Zumba class and wished you could dance the moves in Salsa or Tango dance? Our Zumba Technique 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.
Hatha Flow	Hatha flow classes unravel the challenges of daily life and help you to heal from both physical and emotional injuries. You can expect core work, breathwork, some flow and held poses, all with a focus on feeling. Every class is unique and you learn to practice your yoga with a beautiful intention to provide an opportunity to connect deeper with yourself.
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.
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.
Strength Yoga	Yoga for gym lovers that don't like the idea of an hour of stretching. Strength yoga incorporates targeted exercises to strengthen core stability and build a strong, supple back. Based on the meridians and points (like acupuncture & shiatsu), it will improve your general health and vitality.
Vinyasa Flow	Vinyasa Yoga is a creative style of Yoga - where poses are linked by the breath, in a flowing sequence which leads to a meditative state, a calm and clear mind. Vinyasa Yoga is designed to support the individual strengthening and creating a supple, more flexible body, this practice always ends in stillness in Savasana, to allow the body/ mind/ spirit to rest and integrate the postures.