

## Body Shape Warringah Mall Timetable

**Group Fitness Studio**

Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun
6.00	5.45-6.15 Fit Fusion XPRS	6.00-6.30 Barre Burn XPRS	6.00-7.00 Yin yoga Flow	6.00-6.45 Burn & Build XPRS	6.00-7.00 Body Pump	7.00	7.00-7.45 Power Circuit XPRS	7.50-8.50 Hatha Flow
6.30	7.15-8.00 Pilates XPRS	6.15-6.45 Barre Strength XPRS			8.00-9.00 Hatha Yoga	8.00	7.45-8.30 Pilates XPRS	9.00-9.45 Strength XPRS
8.30	8.30-9.30 Body Pump	8.30-9.30 Body Pump	8.30-9.30 Burn & Build	8.30-9.00 Box Fit <small>Commencing 24/10</small>	9.00-9.45 Pilates XPRS	9.00	8.35-9.35 Body Pump XPRS	9.50-10.50 Pilates
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 Fit Fusion	10.00	9.45-10.30 Pilates XPRS	10.50-11.50 Zumba
10.00	10.15-11.15 Pilates			10.00-10.45 Strength + Conditioning XPRS	9.45-10.30 Pilates XPRS	11.00	10.30-11.30 Zumba	3.15-4.00 Barre XPRS
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	12.00	11.30-12.30 Hatha Yoga	4.00-5.15 Yin Restore
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		11.30-12.30 Zumba	11.20-12.20 Gentle Flow Yoga		11.30-12.30 Zumba			
1.15	1.00-1.30 K/C Meditation		12.20-12.40 Yoga Nidra				<p><b><u>GYM OPEN 24/7</u></b></p>  <p><b><u>GYM STAFFED HOURS</u></b></p> <p><b>Mon-Thurs:</b> 8am - 8pm  <b>Friday:</b> 8am - 6pm  <b>Saturday:</b> 8am - 3pm  <b>Sunday:</b> 8am - 1pm</p> <p><b><u>KIDS CLUB HOURS</u></b></p> <p><b>Mon-Wed:</b> 8:30am - 11:30am  <b>Thurs:</b> 9:00am - 12:00pm  <b>Fri:</b> 8:30am - 11:30am  <b>Sat:</b> 8:30am - 11:30am  <b>Sun:</b> Closed</p> <p><small>Please note XPRS classes are either 45minutes or 30minutes.</small></p> <p><small>G/F = Gym Floor K/C = Kids Club</small></p>	
4.30		4.30-5.15 Pilates XPRS			4.30-5.30 Strength Yoga			
5.00		5.15-5.45 Burn & Build 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 Restore	6.45-7.45 Yin by candlelight					

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
<b>cycle</b>	6.15am Cycle	9.45am Cycle	6.00am Cycle	9.45am Cycle	7.15am Cycle	8.00am Cycle	8.10am Cycle	<b>Please Note:</b> 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	9:35am Cycle		

<b>CARDIO</b>	<b><u>Workouts designed to increase your cardiovascular health, improve your fitness &amp; burn calories!</u></b>
Barre Burn	Barre Burn is a Quick intense and sweaty full body workout combining elements of classical barre with Pilates style contemporary exercises. A fun way to develop lean long and strong muscles, while challenging yourself through some upbeat cardio blast interval. This class will help you burn body fat, strengthen your whole body, increase flexibility, decrease stress, and improve mental focus and endurance.
Box Fit	Power through 30 minutes of high-energy boxing and cardio. This class blends punches, kicks, and bodyweight exercises to burn calories, build strength, and boost endurance. Perfect for all fitness levels—get ready to sweat and feel strong!
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.
<b>STRENGTH</b>	<b><u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u></b>
Abs / Ab Blaster	Centralized strength & conditioning for the abs.
Barre Strength	Barre Strength is a short but effective class pairing full body strength training with traditional barre exercises. We will challenge our muscles to fatigue with a fun series of moves designed to strengthen, lengthen, tone and define your body. You can choose to do this class without weights or using very light weights to slowly build your strength and endurance.
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.
<b>STRENGTH/CARDIO</b>	<b><u>The best of both Worlds! Get fit &amp; firmer - all in the one session!</u></b>
Abs, Butts, Thighs (ABT)	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas.
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.
Burn & Build	A combination of cardio and strength exercises designed to burn fat, tone, sculpt and build muscle.
Circuit	Improve your strength and fitness in this total body workout using strength, balance and agility exercises in a circuit formation.
Circuit Low Impact	This is a low impact but dynamic workout incorporating gentle upper and lower body exercises with core strength, balance and flexibility.
Fit Fusion	Fit Fusion offers a wide range of disciplines to provide an overall body workout using cross training & cross fit techniques utilizing major muscles of the body.
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.
Strength + Conditioning	This 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.
<b>DANCE</b>	<b><u>Dance yourself fit, burn calories &amp; have fun at the same time!</u></b>
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	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>
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 incorporates 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.
Hatha Restore	This class is a perfect combination of two styles of yoga Hatha and Restorative. You will be guided through a sequence of poses to stretch and strengthen your whole body. Followed by restorative poses using props like bolsters and blocks to support the body to fully relax and release any tightness. The end of class is reserved for some pranayama (breathing technique) and meditation. No doubt you will leave this class de- stressed and ready for a great night sleep.
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)
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.
Nidra Yoga	A form of guided meditation that focuses on relaxing and reaching deep consciousness. Experience a deep level of relaxation.
Pilates	Strengthen your core, improve your flexibility & lengthen through your spine.
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.
Yin Restore	75-minute retreat of pure heaven. Long-held Yin stretches will coax out any tensions hidden in your body and mind, while gentle movements in between will refresh your joints and soft tissue. Restorative poses cradle you into a state of inner peace. This is a nurturing, delightful way to let go and treat yourself.