

Body Shape Warringah Mall Timetable

| Group Fitness Studio | Time | Mon | Tues | Wed | Thurs | Fri | Time | Sat | Sun |
|----------------------|---------------------------------|---|--|--------------------------------------|--|-----------------------------|--|---|-----------------------------|
| | 6.00 | 5.30-6.15 Burn & Build XPRS | 6.00-6.45 Cardio Blast +Abs | 6.00-7.00 Fit Fusion | 6.00-6.45 Strength XPRS | 6.00-7.00 Body Pump | 7.00 | 7.00-7.45 Power Circuit XPRS | 7.40-8.40 Hatha Flow |
| | 6.30 | 7.15-8.00 Pilates XPRS | | | | 7.15-8.00 Pilates XPRS | 8.00 | 7.45-8.30 Pilates XPRS | 8.45-9.30 Strength XPRS |
| | 8.30 | 8.15-9.00 Walking Group | 8.30-9.30 Body Pump | 8.30-9.30 Burn & Build | 8.30-9.00 Box Fit | 8.00-9.00 Hatha Yoga | 9.00 | 8.35-9.35 Body Pump XPRS | 9.30-10.15 Pilates XPRS |
| | 9.30 | 8.30-9.15 Body Pump | 9.30-10.30 Abs, Butts and Thighs | 9.30-10.30 Body Pump | 9.00-9.45 Barre XPRS | 9.00-9.45 Pilates XPRS | 10.00 | 9.45-10.30 Pilates XPRS | 10.15-11.00 Pilates XPRS |
| | 10.00 | 9.30-10.15 Strength XPRS | | 10.30-11.15 Barre XPRS | 10.00-10.45 Strength + Conditioning XPRS | 9.45-10.30 Fit Fusion | 11.00 | 10.30-11.30 Zumba | 11.00-12.00 Zumba |
| | 10.30 | 10.15-11.15 Pilates | 10.30-11.30 Dynamic Flow Yoga | 11.20-12.20 Gentle Flow Yoga | 10.45-11.45 Body Pump | 10.30-11.00 Circuit XPRS | 12.00 | 11.30-12.30 Hatha Yoga | 3.15-4.00 Barre XPRS |
| | 11.00 | 11.15-12.15 Zumba | 11.00-11.30 G/F Circuit Low Impact XPRS | 12.25-12.45 Yoga Nidra | 11.00-11.30 G/F Mobility & Stability Circuit XPRS | 11.00-11.30 Abs XPRS | 4.00 | | 4.00-5.15 Yin Restore |
| | 11.30 | | 11.30-12.30 Zumba | | | 11.30-12.30 Zumba | | | |
| | 4.30 | | | 4.30-5.00 G/F TEENS Technique | | | | | |
| | 4.30 | | 4.30-5.15 Pilates XPRS | 4.15-5.00 Pilates XPRS | | 4.30-5.30 Strength Yoga | <p>GYM OPEN 24/7</p> <p>24 <small>NOW OPEN</small> 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-Fri: 8:30am - 11:30am Thurs: 8:30am - 11:45am Sat: 8:00am - 11:30am Sun: Closed</p> <p>G/F = Gym Floor K/C = Kids Club</p> | | |
| | 5.00 | | 5.15-5.45 Burn & Build XPRS | 5.00-5.30 Booty XPRS | 4.30-5.15 K/C Meditation | | | | |
| | 5.30 | 5.15-6.00 Strength + Conditioning XPRS | 5.45-6.15 Ab Blaster XPRS | 5.30-6.00 Cardio Blast + Abs XPRS | 4.45-5.30 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 | 5.30-6.15 Pilates XPRS | | | | |
| | 7.00 | 7.00-8.00 Pilates | 7.20-8.20 Hatha Restore | 6.45-7.45 Yin by candlelight | 6.15-7.15 Dance Fitness | | | | |
| Cycle | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | <p>Please Note: Cycle Classes are 45min and XPRS classes are 30min.</p> | |
| | | 9.45am Cycle | 6.00am Cycle | 9.45am Cycle | 7.15am Cycle | 8.00am Cycle | 8.10am Cycle | | |
| | 9:15am Cycle | 6.15pm Cycle | 10.30am Cycle Tabata XPRS | 5.30pm Cycle | 9:30am Cycle | 9:35am Cycle | | <p>SGT = Small Group Training</p> | |
| SGT | 10.30am Small Group Training | | 9.30am Over 55's SGT | 9.30am Small Group Training | | | | | |

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| CARDIO | <u>Workouts designed to increase your cardiovascular health, improve your fitness & burn calories!</u> |
| Barre Burn | Barre Burn is a quick, intense full-body workout blending classical barre, Pilates, and cardio intervals. It builds lean, strong muscles, burns fat, boosts flexibility, and enhances focus and endurance. |
| Box Fit | Power through 30 minutes of high-energy boxing and cardio, blending punches, kicks, and bodyweight exercises to burn calories, build strength, and boost endurance. |
| Cardio Blast + Abs | Elevate your cardio fitness with this energising, full-body workout designed to get your heart pumping and your body moving. Expect a mix of high and low-impact options to suit all fitness levels, followed by a focused 5–10 minute abdominal burn to finish strong! |
| Cycle | Mix of high intensity/endurance exercises on a spin bike, set to music. A great workout for your heart and lungs. |
| 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 / Ab Blaster | Centralized strength & conditioning for the abs. |
| Barre Strength | Barre Strength is a concise yet impactful class combining full-body strength training with traditional barre exercises. It features moves to strengthen, tone, and define your body, with options to use no weights or light weights to build strength and endurance. |
| Body Pump | The original barbell class that will sculpt and strengthen your entire body. Focusing on low weight loads high repetitions producing lean body muscle conditioning. |
| Strength | Improve your muscular strength, endurance, and 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. |
| Booty | Build your booty in this 30-minute class focused on toning, strengthening, and growing your glutes and legs for a strong, stable, and confident you. |
| 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 combines cardio and strength training exercises, offering detailed technique support alongside the energy and encouragement of a community. |
| DANCE | <u>Dance yourself fit, burn calories & have fun at the same time!</u> |
| Dance Fitness | Dance to pop, hip-hop, Latin, Afro-fusion, Bollywood, and belly dancing tunes in this lively class, blending new steps with classic Zumba for a fun cardio twist. |
| Zumba | The Zumba program fuses Latin rhythms and International music to create a fun, dance based workout. |
| MIND AND BODY | <u>Improve your flexibility, strengthen your core & spine - & relax!</u> |
| Barre | A complete Barre fitness class blending Pilates, fitness training, and ballet for 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 combines core work, breathwork, flowing and held poses, focusing on feeling. Each class offers a unique opportunity to connect deeply with yourself. |
| Hatha Restore | This class blends Hatha and Restorative yoga, featuring poses to stretch, strengthen, and relax your body using props. It concludes with pranayama and meditation, leaving you de-stressed and ready for restful 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 | Mobility & Stability Circuit is a low-impact class focusing on joint stability, core strength, and pelvic floor activation. Ideal for pre/post-natal women, beginners, and mature women, it helps build a strong, resilient body. |
| 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 | Strength Yoga is perfect for gym lovers, combining core stability and back-strengthening exercises with meridian-based techniques to boost health and vitality. |
| Vinyasa Flow | Vinyasa Yoga links poses with breath in a flowing sequence, promoting flexibility, strength, and a calm mind. It ends with Savasana for rest and integration of the practice. |
| Yin Restore | A 75-minute retreat of Yin stretches, gentle movements, and restorative poses to release tension and promote inner peace. A nurturing way to relax and rejuvenate. |
| OTHER | |
| Small Group Training | Achieve your health goals with small group training, offering a personalized approach with a maximum of 5 women per class. Enjoy a full-body workout and the support of like-minded individuals. Contact reception for more information. |
| Walking Group | Join us for a walk around Warringah Mall, starting and finishing at Body Shape, with a coffee stop to wrap it up. Meet new people, chat, and get moving! Open to all members and the local community. |
| Teens Technique | Teens Technique is a gym floor class designed to teach teens the fundamentals of proper form and technique in both upper and lower body exercises. The class combines freestyle movements with machine-based training and runs as a two-week progressive program. |