

# Body Shape Warringah Mall Timetable

| Group Fitness Studio | Time                                      | Mon                                             | Tues                                          | Wed                                     | Thurs                                                      | Fri                         | Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Sat                                                                                                                   | Sun                         |
|----------------------|-------------------------------------------|-------------------------------------------------|-----------------------------------------------|-----------------------------------------|------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------|
|                      | 6.00                                      | 5.30-6.15<br>Burn & Build<br>XPRS               | 6.00-6.45<br>Cardio<br>Blast +Abs             | 6.00-7.00<br>Fit Fusion                 | 6.00-6.45<br>Strength<br>XPRS                              | 6.00-7.00<br>Body Pump      | 7.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 7.00-7.45<br>Power Circuit<br>XPRS                                                                                    | 7.40-8.40<br>Hatha Flow     |
|                      | 6.30                                      | 6.15-7.00<br>Cardio Blast<br>+Abs               |                                               |                                         |                                                            | 7.15-8.00<br>Pilates XPRS   | 8.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 7.45-8.30<br>Pilates XPRS                                                                                             | 8.45-9.30<br>Strength XPRS  |
|                      | 8.30                                      | 7.15-8.00<br>Pilates XPRS                       | 8.30-9.30<br>Body Pump                        | 8.30-9.30<br>Burn & Build               | 8.30-9.00<br>Box Fit                                       | 8.00-9.00<br>Hatha Yoga     | 9.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 8.35-9.35<br>Body Pump<br>XPRS                                                                                        | 9.30-10.15<br>Pilates XPRS  |
|                      | 9.30                                      | 8.15-9.00<br>Walking Group                      | 9.30-10.30<br>Abs, Butts and<br>Thighs        | 9.30-10.30<br>Body Pump                 | 9.00-9.45<br>Barre XPRS                                    | 9.00-9.45<br>Pilates XPRS   | 10.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 9.45-10.30<br>Pilates XPRS                                                                                            | 10.15-11.00<br>Pilates XPRS |
|                      | 10.00                                     | 8.30-9.15<br>Body Pump                          |                                               | 10.30-11.15<br>Barre XPRS               | 10.00-10.45<br>Strength +<br>Conditioning<br>XPRS          | 9.45-10.30<br>Fit Fusion    | 11.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 10.30-11.30<br>Zumba                                                                                                  | 11.00-12.00<br>Zumba        |
|                      | 10.30                                     | 9.30-10.15<br>Strength XPRS                     | 10.30-11.30<br>Dynamic Flow<br>Yoga           | 11.20-12.20<br>Gentle Flow<br>Yoga      | 10.45-11.45<br>Body Pump                                   | 10.30-11.00<br>Circuit XPRS | 12.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 11.30-12.30<br>Hatha Yoga                                                                                             | 3.15-4.00<br>Barre XPRS     |
|                      | 11.00                                     | 10.15-11.15<br>Pilates                          | 11.00-11.30 G/F<br>Circuit Low<br>Impact XPRS | 12.25-12.45<br>Yoga Nidra               | 11.00-11.30 G/F<br>Mobility &<br>Stability Circuit<br>XPRS | 11.00-11.30<br>Abs XPRS     | 4.00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                       | 4.00-5.15<br>Yin Restore    |
|                      | 11.30                                     | 11.15-12.15<br>Zumba                            | 11.30-12.30<br>Zumba                          |                                         |                                                            | 11.30-12.30<br>Zumba        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 4.30                                      |                                                 |                                               |                                         |                                                            |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 4.30                                      |                                                 | 4.30-5.15<br>Pilates XPRS                     | 4.15-5.00<br>Pilates XPRS               |                                                            |                             | <b>GYM STAFFED HOURS - GYM OPEN</b><br><b>Mon-Thurs:</b> 8am - 8pm<br><b>Friday:</b> 8am - 6pm<br><b>Saturday:</b> 8am - 3pm<br><b>Sunday:</b> 8am- 1pm<br><b>KIDS CLUB HOURS</b><br><b>Mon-Fri:</b> 8:30am - 11.30am<br><b>Thurs:</b> 8:30am - 11:45am<br><b>Sat:</b> 8am - 11:30am<br><b>Sun:</b> Closed<br><b>SAUNA HOURS</b><br><b>Mon-Wed</b> 8am - 8pm<br><b>Thurs</b> 7am - 8pm<br><b>Fri</b> 8am - 6pm<br><b>Sat</b> 8am - 3pm<br><b>Sun</b> 8am - 1pm<br><b>G/F</b> = Gym Floor<br><b>K/C</b> = Kids Club |                                                                                                                       |                             |
|                      | 5.00                                      |                                                 | 5.15-5.45<br>Burn & Build XPRS                | 5.00-5.30<br>Booty XPRS                 | 4.30-5.15 K/C<br>Meditation                                |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 5.30                                      | 5.15-6.00<br>Strength +<br>Conditioning<br>XPRS | 5.45-6.15<br>Ab Blaster<br>XPRS               | 5.30-6.00<br>Cardio Blast +<br>Abs XPRS | 4.45-5.30<br>Pilates XPRS                                  | 5.30-6.30<br>Body Pump      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 6.30                                      | 6.00-7.00<br>Body Pump                          | 6.15-7.15<br>Zumba                            | 6.00-6.45<br>Strength + Abs<br>XPRS     | 5.30-6.15<br>Pilates XPRS                                  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 7.00                                      | 7.00-8.00<br>Pilates                            | 7.20-8.20<br>Hatha Restore                    | 6.45-7.45<br>Yin by<br>candlelight      | 6.15-7.15<br>Dance<br>Fitness                              |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
| Cycle                | Mon                                       | Tues                                            | Wed                                           | Thurs                                   | Fri                                                        | Sat                         | Sun                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Please Note:</b><br>Cycle Classes are<br>45min and XPRS<br>classes are 30min.<br><br>SGT = Small Group<br>Training |                             |
|                      |                                           | 9.45am<br>Cycle                                 | 6.00am<br>Cycle                               | 9.45am<br>Cycle                         | 7.15am<br>Cycle                                            | 8.00am<br>Cycle             | 8.10am<br>Cycle                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
|                      | 9.15am<br>Cycle                           | 6.15pm<br>Cycle                                 | 10.30am<br>Cycle Tabata<br>XPRS               | 5.30pm<br>Cycle                         | 9.30am<br>Cycle                                            | 9.35am<br>Cycle             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |
| SGT                  | 9.30 & 10.30am<br>Small Group<br>Training |                                                 | 9.30am<br>Small Group<br>Training             | 9.30am<br>Small Group<br>Training       | 10.15am<br>Over 55's SGT                                   |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                       |                             |

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| <b>CARDIO</b>            | <b><u>Workouts designed to increase your cardiovascular health, improve your fitness &amp; burn calories!</u></b>                                                                                                                                                       |
| 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.                                                                                                                                                                               |
| <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.                                                                                                                                                                                                                        |
| 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.                                                                                                                               |
| <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                    | 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.                                                                                                                |
| <b>DANCE</b>             | <b><u>Dance yourself fit, burn calories &amp; have fun at the same time!</u></b>                                                                                                                                                                                        |
| 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.                                                                                                                                                                     |
| <b>MIND AND BODY</b>     | <b><u>Improve your flexibility, strengthen your core &amp; spine - &amp; relax!</u></b>                                                                                                                                                                                 |
| 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.                                                                                                                                                                                           |
| 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.                                                                                                      |
| <b>OTHER</b>             |                                                                                                                                                                                                                                                                         |
| 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.                                                                   |

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