

# Body Shape Warringah Mall Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>GROUP FITNESS STUDIO</b>	5.30-6.15 Abs, Butts and Thighs	6.00-6.45 Shred & Core	6.00-7.00 Fit Fusion	6.00-6.45 Strength	6.00-7.00 Body Pump	7.00-7.45 Power Circuit	7.40-8.40 Hatha Flow
	6.15-7.00 Burn & Build	7.00-7.45 Strength		7.00-7.45 G/F Small Group Training	7.15-8.00 Pilates	7.45-8.30 Pilates	8.45-9.30 Strength
	7.00-7.45 G/F Small Group Training	8.30-9.30 Body Pump	8.30-9.15 Burn & Build	8.15-9.00 Box Fit	8.15-9.00 Strength	8.35-9.35 Body Pump	9.30-10.15 Pilates
	7.15-8.00 Pilates	9.30-10.15 Abs, Butts and Thighs	9.30-10.30 Body Pump	9.00-9.45 Pilates Sculpt	9.00-9.45 Pilates	9.45-10.30 Pilates	10.15-11.00 Pilates
	8.30-9.15 Body Pump	10.15-11.15 Dynamic Flow Yoga	9.30-10.15 G/F Small Group Training	10.00-10.45 G/F Small Group Training	9.30-10.15 G/F Small Group Training	10.30-11.30 Zumba	11.00-12.00 Zumba
	9.30-10.15 Strength	11.15-12.15 Zumba	10.30-11.15 Barre	9.45-10.30 Strength + Conditioning Circuit	9.45-10.30 Fit Fusion	11.30-12.30 Hatha Yoga	3.45-4.30 Hatha Flow
	9.30-10.15 G/F Small Group Training	11.15-12.00 G/F Small Group Training Over 55's	11.20-12.20 Gentle Flow Yoga	10.30-11.30 Body Pump	10.15-11.00 G/F Small Group Training Over 55's		4.30-5.30 Yin Restore
	10.15-11.15 Pilates	12.15-1.00 Circuit Low Impact	12.20-12.40 Yoga Nidra	11.30-12.15 Mobility & Stability Circuit	10.30-11.00 Circuit	<b>24 / 7</b>	
	10.30-11.15 G/F Small Group Training			12.15-1.00 Hatha Yoga	11.00-11.30 Core		
	11.15-12.15 Zumba	4.30-5.15 Pilates		1.00-1.15 Yoga Nidra	11.30-12.30 Zumba		
	4.30-5.15 Barre	5.15-5.45 Burn & Build	4.30-5.15 Pilates			<b>STAFF &amp; SAUNA HOURS</b> <b>Mon-Wed</b> 8:00am - 8:00pm <b>Thurs:</b> 7:00am - 8:00pm <b>Friday:</b> 8:00am - 6:00pm <b>Saturday:</b> 8:00am - 3:00pm <b>Sunday:</b> 8:00am - 1:00pm  <b>KIDS CLUB HOURS</b> <b>Mon-Fri:</b> 8:15am - 11:30am <b>Saturday:</b> 8:00am - 11:30am <b>Sunday:</b> Closed	
	5.15-6.00 Strength + Conditioning	5.45-6.15 Core	5.15-6.00 Power Burn	4.45-5.30 Pilates Sculpt			
	6.00-7.00 Body Pump	6.15-7.15 Zumba	6.00-6.45 Strength + Abs	5.30-6.15 Pilates	5.30-6.30 Body Pump		
	7.00-8.00 Pilates	7.20-8.20 Hatha Restore	6.45-7.45 Yin by candlelight	6.15-7.15 Dance Fitness		<b>Please Note:</b> Cycle Classes are 45min and XPRS classes are 30min.	
<b>COMMUNITY CYCLE</b>		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 XPRS	5.30pm Cycle	9:30am Cycle	9:35am Cycle	
	8.15-9.00 W/M Walking Group			4.30-5.15 K/C Meditation	11.15-12.30 K/C Mother's Group		

<b>CYCLE</b>	<b><u>Workouts designed to increase your cardiovascular health, improve your fitness &amp; burn calories!</u></b>
<b>Cycle (45mins)</b>	A high-energy 45-minute cycle focusing on cardiovascular fitness, lower body strength and endurance. Adjustable resistance makes it suitable for all fitness levels.
<b>Cycle XPRS (30mins)</b>	A high-energy 30-minute cycle focusing on cardiovascular fitness, lower body strength and endurance. Adjustable resistance makes it suitable for all fitness levels.
<b>STRENGTH</b>	<b><u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u></b>
<b>Abs, Butts &amp; Thighs</b>	A combination of strength enhancing exercises that will target your Abs, butt & thighs.
<b>Body Pump</b>	Les Mills Body Pump is a barbell-based strength workout that tones and strengthens the whole body using light to moderate weights and high repetitions.
<b>Core</b>	Centralized strength & conditioning for your core.
<b>Strength</b>	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.
<b>Strength + Abs</b>	A combination of strength training and focused abs exercises to improve muscle tone and core stability.
<b>STRENGTH/CARDIO</b>	<b><u>The best of both Worlds! Get fit &amp; firmer - all in the one session!</u></b>
<b>Abs, Butts, Thighs (ABT)</b>	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises & cardio!
<b>Burn &amp; Build</b>	A combination of cardio and strength exercises designed to burn fat, tone, sculpt and build muscle.
<b>Box Fit</b>	Power through this high-energy boxing and cardio class, blending punches, kicks, and bodyweight exercises to burn calories, build strength, and boost endurance.
<b>Circuit</b>	Improve your strength and fitness in this total body workout using strength, balance, and agility exercises in a circuit formation.
<b>Circuit Low Impact</b>	This is a low impact but dynamic workout incorporating gentle upper and lower body exercises with core strength, balance, and flexibility.
<b>Fit Fusion</b>	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.
<b>Power Burn</b>	Power Burn is a high-energy workout that blends strength training with cardio bursts to torch calories and build lean muscle.
<b>Power Circuit</b>	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.
<b>Strength + Conditioning</b>	This circuit combines cardio and strength training exercises, offering detailed technique support alongside the energy and encouragement of a community.
<b>Shred &amp; Core</b>	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!
<b>DANCE</b>	<b><u>Dance yourself fit, burn calories &amp; have fun at the same time!</u></b>
<b>Dance Fitness</b>	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.
<b>Zumba</b>	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>
<b>Barre</b>	A complete Barre fitness class blending Pilates, fitness training, and ballet for a toned, lean, and balanced body.
<b>Dynamic Flow Yoga</b>	A dynamic, continuous flow designed to improve flexibility, strength and body awareness.
<b>Gentle Flow Yoga</b>	A gentle guided flow of postures designed to gently stretch the body and improve movement and balance.
<b>Hatha Yoga</b>	A grounding yoga practice combining physical postures and breath control.
<b>Hatha Flow</b>	Hatha Flow combines core work, breathwork, flowing and held poses, focusing on feeling. Each class offers a unique opportunity to connect deeply with yourself.
<b>Hatha Restore</b>	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.
<b>Meditation</b>	Heartfulness meditation. Quiet the mind and learn to meditate. Beginner's welcome. Free class for the members and the community. (Seated in a chair)
<b>Mobility &amp; Stability</b>	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.
<b>Nidra Yoga</b>	A form of guided meditation that focuses on relaxing and reaching deep consciousness. Experience a deep level of relaxation.
<b>Pilates</b>	Controlled, low-impact movements focusing on strengthen your core, improve your flexibility & lengthen through your spine.
<b>Pilates Sculpt</b>	Pilates Sculpt is a full-body workout that combines Pilates-based movements with strength training to tone and shape your muscles.
<b>Yin Restore</b>	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>Small Group Training</b>	Achieve your health goals with small group training, offering a personalised approach with a maximum of 6 women per class. Enjoy a full-body workout and the support of like-minded individuals. Contact reception for more information.
<b>Small Group Training Over 55's</b>	Achieve your health goals with small group training designed specifically for women over 55, with a strong focus on strength, mobility, and stability. Enjoy a personalised, full-body workout in a supportive setting, with a maximum of 6 women per class. Train alongside like-minded women with expert guidance every step of the way. Contact reception for more information.
<b>Walking Group</b>	Join us for a walk around Warringah Mall, starting and finishing at Body Shape. Meet new people, chat, and get moving! Open to all members and the local community.
<b>Mother's Group</b>	Our Mother's Group is a welcoming space for mums to connect and feel supported. Meet new mums, build friendships and share experiences in a relaxed, inclusive environment. Suitable for mums with newborns through to children up to 10 years of age. Open to all members of the community, this group is all about connection, support and taking time for you.