











NORTHSIDE GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			LES MILLS BODYPUMP		LES MILLS BODYPUMP	XTRAFIT		
8:30 AM							XTRAFIT	
9:15 AM		LES MILLS BODYPUMP 	LES MILLS BODYPUMP 	LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 			LES MILLS BODYPUMP
10:15 AM		LES MILLS BODYCOMBAT 45 MIN CLASS 	THT 			THT 		
5:30 PM		 YOGA		 YOGA	LES MILLS BODYPUMP 45 MIN CLASS			
6:15 PM			QUICKFIT		QUICKFIT			

 Child Friendly Classes: Our normal classes where parents are welcome to bring their children, there is an area in the Group Fitness room set up for them and the music will be a bit quieter.

CYCLE STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		LES MILLS RPM		LES MILLS RPM				
9:15 AM						LES MILLS RPM		

AQUA STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:05 AM		WaterAERO		WaterAERO		WaterAERO		
7:00 PM		WaterAERO	WaterAERO	WaterAERO	WaterAERO			

NORTHSIDE GROUP FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYCOMBAT	60 mins	BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior.
 LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 LES MILLS BODYATTACK	60 mins	BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.
 LES MILLS RPM	45 mins	RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.
 QUICKFIT	45 mins	A time efficient, fun, motivating full body workout. You'll work every muscle group in 45 minutes, in a circuit that combines strength, cardio and flexibility - set to an inspiring sound track. Simple moves for solid results!
 XTRAFIT	45 mins	Xtrafit is an awesome class designed to help strengthen the body and improve cardiovascular fitness for everyday life. It's a high intensity class using free weights and body weight and can be done by participants who are at a beginner level of fitness through to advance levels of fitness. It's great for weight loss and toning & firming the entire body.
 THT	45 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 FIGHTING FIT	45 mins	Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 WaterAERO	45 mins	Water Aero is a fantastic low impact cardiovascular workout in the water for all ages. No matter your age or ability, our qualified instructors will guide you through a workout that will leave you feeling great!

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

GROUP FITNESS CLASSES OFFER A HIGH ENERGY, MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.

CLICK NOW TO CLAIM YOUR 5 DAY FREE PASS! 