

GROUP EXERCISE STUDIO							Class Duration: 60 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.45am	BODYPUMP®	BODYSTEP®	BODYPUMP®	NEW BODY	MAT PILATES			
7.00am	YOGA		MAT PILATES	YOGA		BODYSTEP® 7.30am		
8.05am							BODYATTACK®	
8.30am	BODYPUMP®	BODYSTEP®	NEW BODY	BODYATTACK®	BODYSTEP®	BODYPUMP® 8.35am		
9.05am							BODYPUMP®	
9.35am	BODYATTACK®	BODYPUMP®	YOGA 9.45am	BODYBALANCE®	BODYPUMP®	YOGA 9.45am		
10.35am	MAT PILATES	BODYBALANCE®			MAT PILATES			
3.15pm							BODYBALANCE®	
4.30pm	MAT PILATES	ABT		BODYPUMP®				
5.35pm	BODYSTEP®	BODYATTACK®	BODYPUMP®	ZUMBA 5.55pm	BODYPUMP®			
6.35pm	ZUMBA	YOGA	MAT PILATES					

GROUP REFORMER STUDIO * See reverse for 'need to know'							Class Duration: 45 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.30am	GRC		GRC					
7.00am		GRC				GRC 7.15am		
8.15am	GRC		GRC	GRC	GRC	GRC	GRC	
9.15am	GRC	GRC	GRC	GRC	GRC	GRC	GRC	
10.00am		GRC	Refine GRC		GRC			
1.45pm	GRC			GRC				
4.45pm	Refine GRC	GRC	GRC					
5.30pm		GRC						
6.30pm	GRC			GRC				

GROUP CYCLE STUDIO							Class Duration: 45 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.45am	RPM™	RPM™			RPM™ 5.30am 60min			
7.15am						RPM™		
9.30am	RPM™		RPM™	RPM™				
4.30pm			RPM™					
5.30pm	RPM™			RPM™				
6.00pm		RPM™						

## OPENING HOURS

Monday to Thursday .... 5.25am – 8.00pm  
 Friday ..... 5.25am – 7.00pm  
 Saturday ..... 7.00am – 5.00pm  
 Sunday ..... 8.00am – 11.00am, 3.00pm – 5.00pm

Change rooms and exercise areas are to be vacated 5 minutes before closing time.

## PLAYROOM HOURS

Monday to Saturday ..... 8.25am – 10.55am  
 Public Holidays ..... Closed

Age Limit: 6 weeks to prep (5/6 years).  
 Time Limit: Maximum stay is 1hour 20minutes.  
 Members may only bring their own children into the Playroom.



**GROUP EXERCISE STUDIO**

**BODYPUMP** A class that strengthens and tones your entire body. A great workout for anyone looking to get lean, toned and fit.

**BODYSTEP** An energised step workout using a height-adjustable step. Movements are simple with fat burning and muscle conditioning blocks.

**BODYATTACK** A high-energy fitness class combining athletic movements like running and jumping with strength exercises such as push-ups and squats.

**BODYBALANCE** A yoga-based class that will improve your mind, your body and your life. You'll stretch and strengthen your entire body and leave the class feeling calm and happy.

**NEW BODY** A low impact fitness class that uses light hand weights. New Body is fun and easy to follow.

**ZUMBA** A popular dance class that works every muscle in your body. It's the fun way to get fit.

**MAT PILATES** A floor class drawing from classic and contemporary Pilates methods, combining functional movements and controlled exercises.

**ABS / BUTTS / THIGHS** A targeted Mat Pilates workout focussed on toning the stubborn areas of your body.

**YOGA** The perfect class to support a busy life. Our Yoga teachers use clear language and straightforward instruction with a conscious focus on breath and physical alignment.

**GROUP REFORMER STUDIO**

**GROUP REFORMER CLASS (GRC)** A Pilates reformer class that will tone your body from top to toe. Our Pilates instructors combine traditional and contemporary Pilates methods to shape the way your body looks, feels and moves.

**REFINE GRC** A slower paced Pilates reformer class giving you time to focus and concentrate on the fundamentals.

**Need to know for GRC & Refine GRC**

- Classes are not suitable if you are injured, not mobile, have balance concerns, or are in second/third trimester pregnancy.
- Pilates grip socks are compulsory (for safety and hygiene reasons) and can be purchased at the Front Desk.
- Please be on time for class as there is no late admittance.

**You need a ticket to attend GRC & Refine GRC so either:**

- Collect a ticket from the Ticket Kiosk in the 30 minutes before class starts (there is no charge for this service).
- Book your ticket online, up to 7 days in advance at [workout.net.au](http://workout.net.au) (a booking fee applies for this service).

**GROUP CYCLE STUDIO**

**RPM** An indoor group cycling workout where you control the intensity. RPM is fun, low impact and burns loads of calories in a short amount of exercise time.

**WORKOUT WITH FRIENDS**

Have a special someone in your life who will benefit from exercise? Then share the Workout love by inviting them to a free class or workout... if they join you will both get two weeks free membership! To qualify simply fill in the Workout with Friends form ([workout.net.au](http://workout.net.au), Workout Indooroopilly App or at the Front Desk).

**LET'S GET SOCIAL**

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Share your pics with [#workoutindooroopilly](https://www.instagram.com/workoutindooroopilly) to help spread the Workout love!

