

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		2PHASE 7.30am 45min		
8.05am							BODYATTACK®	
8.30am	BODYPUMP®	BODYSTEP®	NEW BODY	BODYATTACK®	BODYSTEP®	BODYPUMP® 8.35am		
9.05am							BODYPUMP®	
9.35am	BODYATTACK® 45min	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							Class Duration: 45 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.30am	GRC		GRC					
7.00am		GRC			GRC	GRC 7.15am		
8.15am			GRC		GRC	GRC	GRC	
8.45am	GRC	GRC		GRC				
9.15am			GRC		GRC	GRC	GRC	
9.30am	GRC	GRC		GRC				
10.00am			GRC		GRC			
1.45pm	GRC			GRC				
4.45pm	GRC	GRC	GRC					
5.30pm		GRC						
6.30pm	GRC			GRC				

You need a ticket to attend 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							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™				
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.  
 The Playroom runs under the umbrella of Adjunct Care. It is a condition of Adjunct Care that the Playroom service is available to parents and their children only, not grandchildren, relatives, or friends.



## 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 that caters for beginners to enthusiasts. Combining running and jumping with toning exercises such as push-ups and squats, our instructors give you low-impact options to tailor each workout to your fitness level.

**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.

**2PHASE** A 45-minute group fitness program that strips fat and tones muscle. Comprising of an intense cardio phase, followed immediately by a full body strength phase, 2PHASE is efficient, effective & gets results fast!

**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.

### Need to know for 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

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## 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 with Friends 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!

