

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE PILATES REF (INT)	RPM	VIRTUAL CYCLE PILATES REF (INT)	RPM		
6:15am			BOXING 45		BOOTCAMP 45		
7:00am	VIRTUAL CYCLE PILATES REF (INT)	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE ● PILATES REF (INT)	VIRTUAL CYCLE BODYPUMP 45	VIRTUAL CYCLE		
8:00am						RPM PILATES REF (INT)	
9:00am						BODYPUMP	BODYPUMP 45 PILATES REF (INT)
9:30am	CXWORX PILATES REF (INT) VIRTUAL CYCLE	SH'BAM PILATES REF (INT)	BASE BUILDER YOGA VINYASA	SH'BAM PILATES REF (INT) VIRTUAL SPIN	BODYPUMP 45 YOGA VINYASA	PILATES REF (BEG)	RPM HI PERFORM
9:45am							BODYCOMBAT 45
10:00am	BODYCOMBAT EXP						YOGA VINYASA
10:15am						CXWORX	
10:30am		BODYBALANCE	VIRTUAL CYCLE PILATES REF (BEG)	BODYBALANCE	VIRTUAL CYCLE PILATES REF (INT)		BODYJAM
10:45am						BODYCOMBAT 45 PILATES REF (INT)	
11:30am						SH'BAM YOGA VINYASA	BODYBALANCE 45
12:30pm	VIRTUAL CYCLE PILATES REF (INT)	VIRTUAL CYCLE CXWORX	VIRTUAL CYCLE ● BOXING 45	VIRTUAL CYCLE BODYPUMP 45 PILATES REF (INT)	VIRTUAL CYCLE		
5:30pm	PILATES REF (INT) BODYPUMP 45	VIRTUAL CYCLE EXP 30 BODYCOMBAT 45	PILATES REF (INT)		VIRTUAL CYCLE		
5:45pm			GRIT STRENGTH				
6:00pm	VIRTUAL CYCLE	PILATES REF (ADV)	VIRTUAL CYCLE	BODYJAM 45 VIRTUAL CYCLE YOGA VINYASA PILATES REF (BEG)	SH'BAM FF		
6:15pm	WARRIOR	GRIT STRENGTH BODY BLAST YOGA VINYASA	CXWORX YOGA YIN		YOGA YIN		
6:30pm	BODYCOMBAT 45 VIRTUAL CYCLE YOGA VINYASA PILATES REF (INT)	RPM	PILATES REF (INT) SPIN		VIRTUAL CYCLE		
6:45pm		CXWORX					
7:00pm			BODYCOMBAT VIRTUAL CYCLE AGILITY	BODYPUMP 45 VIRTUAL CYCLE PILATES REF (INT)			
7:15pm	SH'BAM			● BODYBALANCE			
7:30pm	YOGA YIN	BODYJAM VIRTUAL CYCLE BODYBALANCE	YOGA VINYASA				

**PLEASE NOTE:** Please arrive 5 minutes before class begins. For safety, no entry after warm up.

For the most up to date class times and instructors, please visit [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

- You will notice that we've placed some orange dots on our Timetable. These orange dot classes have been orange flagged for review. For it to remain on the timetable, please show your support by attending. If you cannot make that time slot or have further feedback on the class, please let us know by emailing our Group Fitness Manager Penny, [penny@southpacifichc.com.au](mailto:penny@southpacifichc.com.au).



#### **AGILITY**

Fast feet, fast hands and faster heart rates. Agility will push your mind and body to become a speed demon.

#### **BASE BUILDER**

Deep squats and big booty's. Turn up the bass with this intense booty building workout.

#### **BODYBALANCE**

Breathing control and a range of movements and motion set to music that will improve your mind, body and life. Bending and stretching through safe and simple yoga moves, a BODYBALANCE class blends elements of Yoga, Tai Chi and Pilates to strengthen your entire body.

#### **BODY BLAST**

Fast paced full body workout. Limited rest and a lot of sweat and burn. Get ready to blast off!

#### **BODYCOMBAT**

A high energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. Non-contact and there are no complex moves to master. You'll be challenged to up the intensity and motivated to make the most of every round. You'll release stress, have a blast and feel like a champ.

#### **BODYJAM**

BODYJAM is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

#### **BODYPUMP**

A weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles.

#### **BOOTCAMP 45**

No drill sergeants here, just an intense circuit that will burn your upper body and lower body to the bone. Battle ropes and tyres for maximum effect!

#### **BOXING**

Boxing offers a superior cardiovascular workout; burning more calories, building more stamina, developing & toning more muscle than any other form of exercise. Using focus mitts and boxing gloves you will be challenged physically, while learning correct technique and accuracy. Equipment provided, but bringing your own gloves is recommended.

#### **CXWORX**

CXWORX provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do—it's the glue that holds everything together. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness.

#### **GRIT STRENGTH**

GRIT STRENGTH is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

#### **PILATES REFORMER BEGINNER**

In this 45 or 60 minute class you will learn the fundamental exercises and the principles of the Pilates method. The exercises will be broken down as they are taught; ensuring you learn proper technique and the slightly smooth pace will give you confidence to execute the movements safely. This type of class is suitable for people new to Pilates and also to those with experience but are looking to brush up on their technique.

#### **PILATES REFORMER INTERMEDIATE**

This 45 or 60 minute class builds on the fundamental skills learned from the beginner class; here you will learn more complex exercises that will deepen your understanding of Pilates and movement. The pace is faster and offers a more flowing type of workout that will help you build strength and stamina. Those wanting to join this class will need to have done at least 10 beginner classes or have approval from the Pilates teacher in charge of the class.

#### **PILATES REFORMER ADVANCED**

If you are experienced at the intermediate level and are now looking for more of a challenge, the 60 minute, advanced classes are designed to deliver a higher level of intensity, at a faster pace.

#### **RPM**

is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit. Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity—it's literally easier than riding a bike for 45 minutes.

RPM Hi-Performance: 60 minutes.

#### **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM is an ego-free zone—no dance experience required. Just bring a playful attitude, an open mind and a cheeky smile. Your instructor will guide you through simple (yet sassy) dance moves, all set to a party playlist.

#### **SH'BAM FF**

Family friendly class, bring your family for free! Family members must be accompanied by a member of SPHC. Ages 5+

#### **SPIN**

An outdoor spin simulation brought indoors away from the elements. A challenging motivating class that allows you to be in control of your workout. Suitable for all levels.

#### **VIRTUAL CYCLE**

A highly immersive cycling experience. Join your virtual instructor as you cycle some of the very best mountain ranges and city streets.

#### **WARRIOR**

A full body workout to temper your body and mind. Warrior includes primal movements and structured workouts for the warrior at heart.

#### **YOGA HATHA**

This is a more gentle type of Yoga. With more focus on meditation, breathing and holding the poses for longer periods of time. A great introduction to Yoga.

#### **YOGA VINYASA**

VINYASA Vinyasa is an open class that links breath, with postures and movements such as balancing, inversions, back-bends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

#### **YOGA YIN**

Perfect for stress reduction, Yin aims to re-balance your chakras and harmonise your body, mind and soul. These specific asanas (postures) are designed to target the connective tissues and are held for much longer durations than other styles of Yoga. The meditative nature of the style will bring your focus inward to create ultimate calm whilst eliminating toxicity and removing energy blockages throughout the whole body.

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#### **NEW PARTICIPANTS, INJURIES, PREGNANCY?**

If you are a new participant, have injuries, pregnant or other special concerns, please arrive 5 minutes early and advise your Instructor before class commences. They can make variations for your specific needs.