<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>BODYPUMP 45 Main Studio</td>
<td>ADVANCED BOXING 45 Main Studio</td>
<td>THE GAUNTLET 45 Main Studio</td>
<td>GRIT STRENGTH 30 Main Studio</td>
<td>RPM 45 Cycle Studio</td>
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<td></td>
<td>REFORMER PILATES 45 Reformer Studio</td>
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<td>REFORMER PILATES 45 Reformer Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
<td>Barre 45 Wellness Studio</td>
<td>HOT POWER YOGA 45 Wellness Studio</td>
<td>MAT PILATES 45 Wellness Studio</td>
<td>MAT PILATES 45 Wellness Studio</td>
<td>SPIRITAN STRENGTH 30 Performance Zone</td>
<td>SPIRITAN STRENGTH 30 Performance Zone</td>
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<td>8:00am</td>
<td>WARRIOR WORKOUT 30 Performance Zone</td>
<td>MYRIDE + VIRTUAL 60 Cycle Studio</td>
<td>RENTURER PILATES 45 Reformer Studio</td>
<td>QUESTION</td>
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<td>TABATA 30 Main Studio</td>
<td>POWERCORE 30 Main Studio</td>
<td>BODYPUMP 45 Main Studio</td>
<td>BODYPUMP 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>10:15am</td>
<td>GRIT CARDIO 30 Main Studio</td>
<td>REFORMER PILATES 45 Reformer Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>BODYPUMP 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>REFORMER PILATES 45 Reformer Studio</td>
<td>MAT PILATES 45 Wellness Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>BODYPUMP 45 Main Studio</td>
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<td>RPM 45 Cycle Studio</td>
<td>BODYPUMP 45 Main Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>1:05pm</td>
<td>RENTURER PILATES 45 Reformer Studio</td>
<td>RENTURER PILATES 45 Reformer Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>RENTURER PILATES 45 Reformer Studio</td>
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<td>BODYBALANCE 45 Wellness Studio</td>
<td>PACE 45 Main Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>CORE + STRETCH 45 Main Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>CIRCUIT 45 Main Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>5:00pm</td>
<td>CORE 30 Main Studio</td>
<td>BOXING EXPRESS 30 Main Studio</td>
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<td>5:30pm</td>
<td>BODYATTACK 45 Main Studio</td>
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<td>RPM 45 Cycle Studio</td>
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<td>POWER YOGA 45 Main Studio</td>
<td>POWER YOGA 45 Main Studio</td>
<td>MAT PILATES 60 Wellness Studio</td>
<td>MAT PILATES 60 Wellness Studio</td>
<td>MYRIDE + VIRTUAL 30 Cycle Studio</td>
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<td>6:15pm</td>
<td>REFORMER PILATES 45 Reformer Studio</td>
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<td>6:30pm</td>
<td>YIN YOGA 60 Main Studio</td>
<td>MYRIDE + VIRTUAL 60 Cycle Studio</td>
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**PLEASE NOTE:** Classes will start on time as scheduled. Please allow plenty of time prior to class start time to secure and set up equipment. For safety, no entry after warmup.

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

Not all exercise programs are suitable for everyone. If you are new to exercise or pregnant, have any injuries or musculoskeletal issues please consult your physician before participating in any exercise program. The member assumes all risk of injury in attending, and the use of the equipment for the above group fitness classes. South Pacific Health Clubs and its Group Fitness Instructors are not responsible for any personal injury, property loss or death which may occur in South Pacific Health Clubs’ Group Fitness classes.
BARRE
Combining Pilates principles and ballet techniques, this low-impact workout targets major muscle groups to elongate, strengthen and tone your muscles, resulting in a sculpted physique and improved posture. No dance background needed.

BODYATTACK
A sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

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.

BODYCORE
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), BODYCORE gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles.

BOXING
Offers a whole body cardiovascular workout; burning calories, stamina and toning muscle. Using focus mitts and boxing gloves, you will be challenged physically while learning correct technique and accuracy. Advanced Level on Tuesdays 7am. We recommend attending Open Level Boxing for 2-3 months before attending Advanced Boxing. BYO gloves encouraged.

CORE + STRETCH
A 30 or 45 Minute workout designed to target more than just your abs. This session utilises muscles from the back, glutes, abs and obliques to improve core strength, definition and posture. 45 minute format includes a 15 minute stretch component to release fascia.

CIRCUIT
A cross-training workout where aerobic, weight-lifting, and resistance exercises are performed at work stations, creating a fun and challenging workout.

GRIT CARDIO
A 30 or 45 minute High Intensity Interval Training (HIIT) that focuses on explosive movements using body weight designed to burn fat and rapidly improve athletic capability.

GRIT STRENGTH
A 30 minute High Intensity Interval Training (HIIT) workout that takes you into overdrive. The short, sharp demanding exercises combine weightlifting and bodyweight exercises for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

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

PILATES (MAT)
Long lean muscles and a strong core are the main benefits from this class. Challenging low-impact moves that utilise the Pilates principle of using the breath and a consistent flow of movements to improve posture and stability. This Pilates class is suitable for both women and men.

PILATES REFORMER
This class uses the Reformer to add resistance to your Pilates class and take your Mat Pilates and Beginners Reformer knowledge and skills to the next level. This class focuses on increasing core strength, stability and flexibility, and will help improve posture and stability as well as improve mind-body awareness. If you are new to Pilates, we encourage you to attend at least 10 Beginner-level classes before attending Open Level classes.

PILATES REFORMER BEGINNER
In this class you will learn the fundamental exercises and the principles of the Beginner Pilates method. The exercises will be broken down as they are taught; ensuring you learn proper technique. 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.

POWERCORE
This short yet focused session integrates functional movement patterns in a circuit environment. PowerCore will engage not only the abs but the entire core, improving your posture and helping you exercise more efficiently (30 mins).

RPM
RPM is a 45-minute 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. Hi-Performance: 55 minutes.

SPARTAN STRENGTH
This 30 minute Performance Zone session comprises of the most important weight training basics utilising barbells and kettlebells where the aim is to increase strength and power. A full body strength training session focusing correct technique, improving joint mobility, stability and core activation.

SPIN
An outdoor cycle simulation brought indoors away from the elements. A challenging and motivating cardio class that allows you to be in control of your workout by varying the resistance and pushing your fitness to new heights!

SPRINT
A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout.

THE GAUNTLET
Rev up your metabolism, torch fat and take your fitness to the next level with this total body station-based workout using metabolic conditioning. This workout is designed using principles of metabolic conditioning: using major muscle groups, set time period of effort and rest, keeping the heart rate up and using peripheral heart rate action to maintain intensity but changing working muscle groups using weights and bodyweight exercises to keep heart rate high and constantly switching up the exercise to keep the body guessing. Class is capped at 30 participants for safety.

TABATA
Tabata training is a type of HIIT (High Intensity Interval Training) that follows the format: 20 seconds of high intensity rounds, followed by 10 seconds rest. This 30-minute class will have you gasping for air, getting you fitter faster.

WARRIOR WORKOUT
This Performance Zone session will challenge and change you by focusing on full body strength and endurance in a circuit environment. This class helps improve total body integrated strength and mobility by incorporating ballistic-natured exercises (30 mins).

YOGA FLOW
This dynamic Vinyasa-style class synchronises movement and breath in a continuous flow of poses. A challenging way to improve your yoga practice helping to achieve balance and strength.

YOGA HATHA
A gentle yoga with more focus on meditation, breathing and holding poses for longer periods of time - a great introduction to yoga.

YOGA POWER FLOW
A dynamic open class that links breath with postures and movement such as balancing, inversions, backbends and a floor series. This class increases strength, flexibility and focus whilst clearing the body of toxins, leaving you feeling calm and centred.

YOGA SLOW FLOW
Suitable for all levels, this is a gentle, slow-paced type of practice where postures are generally held for longer yet maintaining continuous flow of poses with slower transitions.

YOGA YIN
The essence of Yin Yoga is to surrender, bringing balance to your practice and your life. A strong focus on using the breath and grounding postures to lengthen fascia tissues surrounding the hips, spine, chest, and shoulders. It re-energises and calms your nervous system. The perfect way to release the tension and stress from the day.

YOGA TEMPERATURES:
- Hot: 37 degrees
- Warm: 25-27 degrees

MATs: Mats are provided in the Main and Wellness Studios however members are encouraged to bring their own mats.

CLASS DURATIONS:
- Morning and lunchtime classes are 45 minutes in duration, and evening classes are 60 minutes in duration (except for Tuesday and Thursday evening Reformer Pilates).

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.