

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE	RPM	VIRTUAL CYCLE	VIRTUAL CYCLE		
		PILATES REF INT/ADV	● PILATES REF INT/ADV	PILATES REF INT/ADV			
6:15am					● BOOTCAMP 45		
7:00am	PILATES REF INT/ADV	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
		● BODYPUMP					
8:00am						RPM	
						PILATES REF INT/ADV	
9:00am						BODYPUMP	BODYPUMP 45
							PILATES REF INT/ADV
9:30am	PILATES REF INT/ADV	SH'BAM	BASE BUILDER	SH'BAM	BODYPUMP 45	PILATES REF INT/ADV	
	VIRTUAL CYCLE	PILATES REF INT/ADV	YOGA VINYASA	PILATES REF INT/ADV	YOGA VINYASA		
				VIRTUAL CYCLE	PILATES REF BEG/INT		
9:45am	POWERCORE/ BOXING 45						BODYCOMBAT 45
							RPM HI PERFORM
10:00am							YOGA VINYASA
10:15am						BOXING	
10:30am		PILATES REF BEG/INT	VIRTUAL CYCLE	BALLET BODY SCULPT	VIRTUAL CYCLE		SH'BAM
			PILATES REF BEG/INT		PILATES REF INT/ADV		
10:45am						PILATES REF INT/ADV	
11:00am						ZUMBA	
11:30am						YOGA VINYASA	
12:30pm	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
	PILATES REF INT/ADV	POWERCORE 30	BOXING 45	BODYPUMP 45			
				PILATES REF INT/ADV			
5:30pm	PILATES REF INT/ADV	VIRTUAL CYCLE	PILATES REF INT/ADV		VIRTUAL CYCLE		
	BODYPUMP 45	BODYCOMBAT 45					
6:00pm	VIRTUAL CYCLE	PILATES REF INT/ADV	VIRTUAL CYCLE	VIRTUAL CYCLE			
			BODYPUMP 45	ZUMBA			
				YOGA VINYASA			
				PILATES REF BEG/INT			
6:15pm	WARRIOR	BODYPUMP 45	YOGA YIN		YOGA YIN		
		BODY BLAST					
6:30pm	VIRTUAL CYCLE	RPM	RPM		VIRTUAL CYCLE		
	BODYCOMBAT 45	YOGA VINYASA	PILATES REF INT/ADV		ZUMBA		
	YOGA VINYASA						
	PILATES REF INT/ADV						
7:00pm		ZUMBA	BODYCOMBAT	VIRTUAL CYCLE			
			AGILITY 30	BODYPUMP 45			
				PILATES REF INT/ADV			
7:15pm	SH'BAM			YOGA YIN			
7:30pm	YOGA YIN	VIRTUAL CYCLE	VIRTUAL CYCLE				
		PILATES REF BEG/INT	YOGA VINYASA				

Reformer Studio

Main studio

Cycle Studio

Yoga Studio

Performance Zone

**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 Etienne, [etienne@southpacifichc.com.au](mailto:etienne@southpacifichc.com.au).

South Pacific Health Clubs Chadstone

Ground Level, Chadstone Shopping Centre, Dandenong Rd, Chadstone P: 9568 6860

 [www.southpacifichc.com.au](http://www.southpacifichc.com.au)

 Follow us on Facebook

#### **AGILITY**

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

#### **BALLET BODY SCULPT**

Ballet inspired training with a focus on toning and bringing more flexibility and balance to the body. Suitable for all ages and levels of fitness. This Barre less ballet barre class moves away from using the Barre as support and forces your body to utilise more muscles to control each movement bringing better results to each class. A fusion of Ballet, Pilates, Yoga and Mindfulness.

#### **BASE BUILDER**

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

#### **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.

#### **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.

#### **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. If you are a beginner trying this class, please let the teacher know prior to the start 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.

#### **POWERCORE**

Functional core training blast. Training your core is not just about sit ups and planks. PowerCore will challenge and develop your core in ways you never thought possible. Integrating functional full body movement patterns in a circuit environment, this will take your core to a whole new level. Utilising Kettlebells, TRX, powerbands, aqua bags amongst others, PowerCore will engage those abs and improve your posture!

#### **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.

#### **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.

#### **ZUMBA**

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

### **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.