

MORNING

AFTERNOON

EVENING

| | MONDAY 20 | TUESDAY 21 | WEDNESDAY 22 | THURSDAY 23 | FRIDAY 24 | SATURDAY 25 | SUNDAY 26 |
|---------|--|--|--|-------------------------------------|---|--|--|
| 6:00am | ALTITUDE BURN88 | | ALTITUDE BURN88 | ALTITUDE BURN88 | ALTITUDE SOUTHPAW88 | | |
| 6:15am | SPIN PILATES (I > A) | SPIN HOT YOGA VINYASA HIIT | SPIN PILATES (I > A) BODYPUMP 45 | HIIT | SPIN | | |
| 6:30am | OMNIA POWER CIRCUIT | | | | | | |
| 7:15am | | PILATES (I > A) | | | PILATES (B > I) | | |
| 8:30am | | | | PILATES (B > I) | | ALTITUDE BURN88 BODYPUMP SPIN BARRE | SPIN |
| 9:30am | ALTITUDE BURN88 PILATES (I > A) SPIN | ALTITUDE CRUZ88 BODYPUMP MAT PILATES | ALTITUDE BURN88 SPIN PILATES (I > A) YIN YOGA | ALTITUDE BURN88 BODYPUMP SPIN | ALTITUDE SOUTHPAW88 HOT YOGA VINYASA SPIN | BODYATTACK SPIN YOGA VINYASA PILATES (I > A) WARRIOR WORKOUT | ALTITUDE SOUTHPAW88 BODYPUMP PILATES (I > A) |
| 10:30am | MAT PILATES | | | HOT YOGA VINYASA | PILATES (I > A) | HOT YOGA VINYASA | YOGA HATHA 90 WARRIOR WORKOUT |
| 11:30am | | AQUA | | | FELDENKRAIS AQUA | PILATES (I > A) | ALTITUDE CRUZ88 |
| 12:30pm | YOGA ASHTANGA ACTIVE ADULTS | YOGA YIN PILATES (B > I) | YOGA VINYASA ACTIVE ADULTS | PILATES (I > A) FELDENKRAIS | YOGA HATHA | | |
| 4:00pm | | | | | | YOGA YIN | VINYASA YOGA |
| 4:15pm | FELDENKRAIS | | | | | | |
| 5:00pm | ABS 30 | | | | | | |
| 5:30pm | ALTITUDE BURN88 BODYPUMP PILATES (I > A) SPIN | ALTITUDE BURN88 BODYATTACK SPIN YOGA YIN PILATES (B > I) | ALTITUDE SOUTHPAW88 BODYPUMP YOGA HATHA PILATES (B > I) | HOT YOGA VINYASA WARRIOR WORKOUT | HIIT | | |
| 6:00pm | | | OMNIA POWER CIRCUIT | | ALTITUDE BURN88 | | |
| 6:15pm | | | | PILATES (I > A) | YOGA HATHA | | YOGA YIN |
| 6:30pm | SPIN YOGA YIN PILATES (B > I) SOUTHPAW | BODYPUMP YOGA ASHTANGA PILATES (I > A) BOXING | SPIN | ALTITUDE CRUZ88 YOGA YIN | SPIN | | |
| 7:00pm | | | BURN | | MEDITATION | | |
| 7:30pm | ALTITUDE BURN88 | | AQUA | | | | |
| 8:00pm | HOT YOGA VINYASA | | YOGA YIN | | | | |

PLEASE NOTE: 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

Premium plus program including Altitude 88. Please enquire with our friendly team on how to gain access.

- 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.

*Bookings are required for all premium plus and reformer Pilates classes

ABS 30

This 30 min dynamic and energising workout is designed to condition your core and correct your posture. You will be challenged with short bursts of intensity and recovery, and leave feeling stronger and taller.

ACTIVE ADULTS

Incorporating mobility, strength, flexibility, cardio, all mixed in with a good dose of fun and community spirit-Active Adults is aimed at our more mature members to improve daily function. Incorporating 3 Phases-Mobility/Balance/Coordination, Strength/Flexibility and Cardio. Come along and enjoy the fun!

AQUA AEROBICS

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on your joints. You will improve your core strength whilst strengthening all major muscle groups.

BARRE

Combining Pilates principles and ballet techniques, this 45 minute 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®

BODY ATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

BODYPUMP®

BODYPUMP® is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Get the results you came for-and fast.

BOXING

High intensity training with easy to follow combinations make this workout draw the crowd! A fun and fast paced class that will surely get your heart pumping. High energy output and high cardio workout.

BURN

Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Be immersed by state-of-the-art equipment and a lighting system that hits you in all the right places and sets the mood with high energy colours during rounds and softer colours during rest.

FELDENKRAIS

Feldenkrais uses gentle movement and directed attention to help you learn more effective ways of action, from ease of movement to increased cognitive and mental abilities. It helps to increase flexibility, reduces injuries and is complementary to Yoga, Pilates and fitness exercises.

HIIT

HIIT is a 30 minute high intensity interval training session that is based around functional movement. If you are looking for an exciting team orientated training session that will push you to your limits, then this is for you. Located in the main studio the short sharp demanding exercises will give you a full body workout and increase aerobic capacity and strength.

MAT PILATES

Develop the 'Pilates Body' long, lean, and strong with a hidden strength under a healthy muscle tone. Through the prescribed exercise routines on the mat we will re-train the body to work efficiently with minimal effort and no tension.

MEDITATION

Learn Effective breathing techniques in 30 minutes that will leave you both feeling centered and balanced. Enjoy taking the time to unwind from your busy week to reset both mind and body.

OMNIA™ POWER CIRCUIT

Utilising the latest and greatest in functional training equipment, the OMNIA™ apparatus provides a perfect introduction into the world of functional training. Innovative and challenging movements on set circuit stations around the OMNIA™ provide a challenging workout, which is both enjoyable and rewarding.

PILATES REFORMER

Pilates Reformer is a low-impact workout that builds strength and endurance. It can improve your balance and posture, making everyday activities easier and more difficult ones (like running and cycling) less challenging. Using the movement of the reformer, with various adjustments (springs) and body weight exercises, you will find new ways to strengthen and tone your physique, making it a total body workout. Please check our Timetable for the levels we offer (B > I) is for beginner to intermediate and (I > A) is intermediate to advanced.

SOUTHPAW

With our heat fuelled boxing sessions and your favourite tunes through our new sound system, you will learn how to throw punches like a professional and you will be shown how to put together simple combinations that will improve your self confidence, balance, speed and fitness. We focus on technique and power and these sessions are guaranteed to raise your heart rate and provide a fantastic combination of cardio and strength.

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. All classes can use utilize the Coach By Colour (C By C) Technology for improved workout.

WARRIOR WORKOUT

This class will challenge and change you by focusing on full body strength and endurance, in a circuit environment. This class requires total body integrated strength, mobility, skill and due to the ballistic nature of some of the movements-will leave you gasping for air.

YOGA ASHTANGA

This type of yoga is challenging, quick-paced, and just the thing to open your tight hamstrings, hips, and shoulders. It involves a set sequence of poses that members follows in the exact same order every time.

YOGA HATHA

This is a gentler 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 is an open class that links breath with postures and movement such as balancing, inversions, backbends and a floor series. This increases strength, flexibility, and focus while clearing the body of toxins, leaving you feeling calm and centred.

YOGA HOT

Many of our styles of yoga are offered in a heated setting (temperatures ranging from 25-38 degrees). If you have a medical condition, please consult with your health professional.

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 reenergises and calms your nervous system. The perfect way to release the tension and stress from the day.

ALTITUDE88 SESSION DESCRIPTIONS:

BURN88

Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Be immersed by state-of-the-art equipment and a lighting system that hits you in all the right places. You know it's on when the red lights hit-ya! Altitude provides a new dimension to the classes never experienced before providing you the ability to achieve new heights and goals.

CRUZ88

These sessions are run in our Cycle studio using the most advanced indoor cycle bike Life Fitness IC7. This bike includes a coach by colour intensity guide, watt rate power meter and connectivity to external devices. With up to 3000m simulated Altitude Training, the cycle sessions will be guided by qualified coaches and will rotate programs to rapidly improve your fitness goals.

SOUTHPAW88

With our heat fuelled boxing sessions and your favourite tunes through our new sound system, you will learn how to throw punches like a professional and you will be shown how to put together simple combinations that will improve your self confidence, balance, speed and fitness all under Altitude.

We focus on technique and power and these sessions are guaranteed to raise your heart rate and provide a fantastic combination of cardio and strength. Don't be afraid to come on your own, we will always have a partner here for you!

NEW PARTICIPANTS, INJURIES, PREGNANCY?

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