

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING / AFTERNOON	6:05am	VIRTUAL CYCLE	VIRTUAL CYCLE	RPM	VIRTUAL CYCLE	VIRTUAL CYCLE		
		PILATES REF BEG/INT	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		
	8:00am					RPM		
						PILATES REF INT/ADV		
	9:00am					BODYPUMP	BODYPUMP 45	
							PILATES REF INT/ADV	
	9:15am						RPM HI PERFORM	
	9:30am	PILATES REF INT/ADV	SH'BAM	BOOTCAMP	SH'BAM	YOGA VINYASA	PILATES REF INT/ADV	
		VIRTUAL CYCLE	PILATES REF INT/ADV	YOGA VINYASA	PILATES REF INT/ADV	PILATES REF BEG/INT		
					VIRTUAL CYCLE			
	9:45am							
	10:00am						YOGA VINYASA	
	10:15am						BODYCOMBAT	
	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	
	11:30am						YOGA VINYASA	
12:30pm	VIRTUAL CYCLE							
	PILATES REF INT/ADV		WARRIOR	PILATES REF INT/ADV				
EVENING	5:30pm	PILATES REF INT/ADV	VIRTUAL CYCLE	PILATES REF INT/ADV		VIRTUAL CYCLE		
		BODYPUMP 45						
	6:00pm	VIRTUAL CYCLE	PILATES REF INT/ADV	VIRTUAL CYCLE	VIRTUAL CYCLE			
			YOGA SLOW FLOW	WARRIOR 30	YOGA VINYASA			
					PILATES REF BEG/INT			
	6:15pm	WARRIOR	BODYPUMP 45	YOGA YIN				
			BOOTCAMP					
	6:30pm	VIRTUAL CYCLE	RPM	RPM	WARRIOR	VIRTUAL CYCLE		
		BODYCOMBAT 45						
		YOGA VINYASA						
		PILATES REF INT/ADV						
	7:00pm		ZUMBA	BODYCOMBAT	VIRTUAL CYCLE			
				AGILITY 30	BODYPUMP 45			
7:15pm	SH'BAM							
7:30pm	YOGA YIN	VIRTUAL CYCLE	VIRTUAL CYCLE					
		PILATES REF BEG/INT						

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

- You will notice that we've placed some white dots on our Timetable. These white dot classes have been white 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.

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 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 VINYASA

VINYASAYA 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.