

			YMCA VI	CTORIA POIN	IT Ph	n: 3820 5300	
			GROUP FIT	NESS STUDIO 1			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	BODYPUMP.	H.I.I.T 30	BODYPUMP	H.I.I.T 45	BODYPUMP		
6.30AM		CORE					
7:15AM					CORE	Yoga	
7:30AM	PrYme Movers		PrYme Movers	PrYme Movers			Yoga
8:00AM		LIT			LIT		
8.30AM						boxfit	BODYPUMP
9.00AM	BODYCOMBAT.	boxfit	BODYPUMP	BODYCOMBAT.	BODYPUMP.		
10.00AM	ESMILLS BODYPUMP	CORE	Yoga	Yoga			
5.45PM	BODYPUMP.	boxfit	meta	BODYPUMP			
6:45PM	PILATES	Yoga	PILATES	CORE			
07 101 111							
	MONDAY	TUESDAY		NESS STUDIO 2	EDIDAY	CATURDAY	CHNDAY
	MONDAY	LESMILLS	WEDNESDAY	THURSDAY LESMILLS RPM	FRIDAY	SATURDAY	SUNDAY
5:45AM	N. III N. O.	RPM.		RPM.		(Lesmills	
7:30AM		PILATES				RPM.	
8:00AM	DII ATES		LESMILLS	DII ATEC	LESMILLS		
9:00AM	PILATES	PILATES	RPM.	PILATES	RPM. EXPRESS		
10:00AM	Yoga 📐			PILATES	PILATES		
11:00AM	Yoga						
6:00PM	RPM.	SPIN	RPM.				
			OUTD	OOR POOL			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		AQUA			AQUA AEROBIC		
8:15AM						AQUA	
11:15AM	AQUA	AQUA	AQUA AEROBIC	AQUA AEROBIC	AQUA		
5:45PM	AQUA AEROBIC	TIERODIC		AQUA AEROBIC	1111(02)(
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	IVIONDAT	TUESDAY	VV EDINESUAT	INURSUAT	FRIDAY	SATURDAY	SUNDAY
6:30PM	F						
	Adult Gymnastics						
			STAFF	ED HOURS			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
eception	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	5:30am-6:30pm	7:00am-11:30am	CLOSED
	5:30am-11:00am	5:30am-11:00am	5:30am-11:00am	5:30am-11:00am			
	J.30a111-11.00a111	& 3:30pm-	& 3:30pm-	& 3:30pm-	& 3:30pm-	7:00am-11:30am	CLOSED
ool Hours	& 3:30pm-6:30pm	_ a 5.50p				1	





Please note timetable is subject to change without notice Our Aqua a robotics program is the best in the Redlands Sutable for beginner or advanced. Aqua is a low impact class designed to increase movement, flexibility & encourage joint movement. Aqua is the number one method of rehabilitation recommended by occupational therapists. This boxing inspired workout will get your heart rate up and make your muscles burn. It is a social class that includes pad work, resistance and cardio exercise. This class will increase your overall fitness and condition the whole body. BODYCOMBAT is the empowering cardio workout inspired by martial arts. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior fitness. BODYPUMP is the original barbell class that strengthens your entire body. With the latest chart topping music, highly trained instructors and your choice of weight, get the results you are looking for. Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing down the breath. This is a freestyle class that builds a strong foundation of core stability that results in better posture, improved alignment and decreased pain. Pilates trains the body as an integrated whole creating optimal muscle balance in strength and flexibility. RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Spin is challenging, fun and one of the best ways to improve cardiovascular fitness while burning lots of calories. Designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, spints and other drills to give you a great interval workout. Pryme Movers Pryme Movers is a low level cardio workout. Focusing on increasing joint mobility, limb strength and core stabilis
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Adult Gymnastics posture while also strengthening the body against potential injury whilst also learning the fundamental skills of
gymnastics. Our skilled instructors will help you develop core stability and recondition your body from head to toe.
Classes are available to beginners with no experience.
Core is a 30 minute workout that uses athletic training principles to build strength, stability and endurance that
support your core. Each workout features a mix of proven core exercises and new integrated training innovations. The
Itraining moves none in on the torso and sling muscles that connect your upper body to your lower body. Inanks to these
integrated evergings you can simultaneously and effectively work all large must be ground from the old extra large which
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To book for classes, please scan the QR code:



