

# Group Fitness Timetable

STUDIO 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am				<b>LES MILLS BODYPUMP</b>			
7.15am						<b>TT BARRE</b>	
8.45am			<b>TOTAL BODY</b>				
9am						<b>LES MILLS BODYPUMP</b>	<b>YOGA</b>
9.30am		<b>TOTAL BODY</b>	<b>YOGA</b>	<b>TOTAL BODY</b>			
10.15am	<b>YOGA</b>				<b>YOGA</b>	<b>PILATES</b>	
10.40am		<b>PILATES</b>		<b>PILATES</b>			
12.30pm	<b>LES MILLS GRIT</b>				<b>LES MILLS GRIT</b>		
4.30pm	<b>PILATES</b>						
5.30pm		<b>BOXING</b>		<b>BOXING</b>			
	<b>LES MILLS BODYCOMBAT</b>	<b>YOGA</b>	<b>LES MILLS BODYCOMBAT</b>				
6.15pm			<b>TT BARRE</b>				
6.30pm	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS GRIT</b>		<b>LES MILLS BODYPUMP</b>			
7pm			<b>PILATES</b>				
7.30pm	<b>YOGA</b>						

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>		
8am						<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>
8.45am		<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>			
9.30am	<b>LES MILLS RPM</b>				<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	
5.45pm	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	<b>LES MILLS RPM</b>	<b>LES MILLS sprint</b>	<b>LES MILLS sprint</b>		

Virtual class

STAFFED	MONDAY	TUESDAY to THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reception	5.30am – 7.30pm	5.30am – 7pm	5.30am – 6pm	7.15am – 4pm	CLOSED

## the Y Bowen Hills

95 Abbotsford rd, Bowen Hills, Qld 4006 | ymcafitness.com  
07 3851 8800 | bowenhills@ymcaqueensland.org.au



# Group Fitness Classes

## **LES MILLS** **BODYCOMBAT**

An empowering cardio workout inspired by martial arts. Supported by driving music, you strike, punch, kick and kata your way through calories to superior fitness!

## **YOGA**

Known for its ability to heal and bring peace of mind. Learn how to stretch and tone while slowing the breath.

## **LES MILLS** **RPM**

Indoor cycling that's low impact and burns loads of calories. Motivating music plays while you cycle hill climbs, sprints and flat riding to increase your cardio fitness.

## **LES MILLS** **BODYPUMP**

Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights, with lots of repetitions, gives you total body workout.

## **PILATES**

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 creating optimal muscle balance in strength and flexibility.

## **TOTAL BODY**

You are exercising your whole body with all muscle groups being used and stimulated in one workout, combining exercises that use the upper body and lower body plus the core in one training session.

## **LES MILLS** **sprint**

A 30 minute High Intensity Training (HIIT) workout using an indoor bike to achieve fast results. Be pushed to your physical and mental limits, with bursts of intensity where you work as hard as possible and rest periods to prepare for the next effort. Smash your fitness goals fast.

## **BARRE**

Combines ballet, Pilates, and yoga, known for small movements that target specific muscles. Using a barre for support, participants do exercises to improve strength, flexibility, and balance.

## **LES MILLS** **GRIT**

GRIT is a 30min high intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises.

## **BOXING**

This boxing inspired workout will get your heart rate up and make your muscles burn. A social class that includes pad work, resistance and cardio exercises. Increases overall fitness and condition whole body.