

# Group Fitness Timetable SEPT/OCT 2017














Curtin University

CURTIN STADIUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05am	SPIN 45 metafit. 6.35am	LES MILLS BODYPUMP EXPRESS LES MILLS CXWORX 6.35am	LES MILLS BODYPUMP	SPIN 45	LES MILLS BODYPUMP	8.05am  LES MILLS BODYPUMP
7.10am	LES MILLS BODYBALANCE	LES MILLS SPRINT			LES MILLS BODYBALANCE	9.05am  LES MILLS BODYATTACK EXPRESS
12.10pm	IYENGAR YOGA		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	WAR	9:50am  LES MILLS CXWORX
1.10pm		POSTURAL FIT		LES MILLS BODYBALANCE	HATHA YOGA	11.00 ZUMBA DOME
4.00pm	metafit.	LES MILLS CXWORX 4.10pm		LES MILLS CXWORX		2.00pm  LES MILLS BODYBALANCE
4.30pm	BOXING FOR FITNESS 50 4.35pm	LES MILLS BODYATTACK EXPRESS 4.40pm	LES MILLS BODYPUMP	LES MILLS SPRINT 4.30pm LES MILLS BODYBALANCE 4.35pm	BOXING FOR FITNESS 50	<b>SUNDAY</b>
5.30pm	LES MILLS BODYPUMP SPIN 60	IYENGAR YOGA DOME 5.15pm LES MILLS BODYPUMP MASTER SKILLS 5.30pm LES MILLS SPRINT 5.30pm	ZUMBA DOME 5.20pm LES MILLS BODYATTACK EXPRESS 5.35pm SPIN 45 5.45pm	IYENGAR YOGA Seminar Room 5.30pm LES MILLS BODYSTEP 5.35pm	LES MILLS BODYPUMP EXPRESS SPIN X 30	
6.30pm	LES MILLS BODYBALANCE	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP 6.35pm	LES MILLS CXWORX 6.00pm	9.30am  LES MILLS BODYPUMP SPIN 45
						10.30am  LES MILLS CXWORX
						11.00am  LES MILLS BODYBALANCE

For weekly covers and changes and current GF timetable please check [curtinstadium.edu.au](http://curtinstadium.edu.au). Join the Curtin Stadium Group Fitness Facebook group to stay up to date with new releases, timetables, covers and changes and special events! : <https://www.facebook.com/groups/curtingroupfitness/>

## SOME INFORMATION ABOUT THE CLASSES

	<p>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 training exercises like squats, presses, lifts and curls. Great music, awesome instructors and you choice of weight to inspire you to get the results you came for!</p>
	<p>BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (55 min)</p>
	<p>BODY ATTACK™ is a simple, high intensity group exercise-to-music class that's fully options to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.( 45 min)</p>
	<p>BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. (55 min)</p>
	<p>Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong. (30min)</p>
	<p>LES MILLS SPRINT™ is a <b>30-minute High-Intensity Interval Training (HIIT) workout</b>, using an indoor bike to achieve fast results.The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.</p>
	<p>Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – adjust your intensity to reach your endorphin high. SPIN(30, 45 or 60 min class).SPIN uses original music and uses the gear (resistance) as reference for intensity . SpinX is a more intense 30 minute class.</p>
	<p>Work on your outer body, tune in to your inner body.</p> <p>HATHA AND IYENGAR yoga focuses on alignment of the body. Hatha is based on asanas (postures) and pranayama (breathing techniques) and has more flowing of the movements .</p> <p>The use of props on Iyengar helps to structure the sequence and develops strength and stability. (55 min)</p>
	<p>BOXING FOR FITNESS uses boxing combinations, drills and cardio bursts to condition and tone your body. Boxing for Fitness is a great cardiovascular workout that helps develop strength, speed, coordination, balance and flexibility in a fun and relaxed group atmosphere. (50 min)</p>
	<p>The METAFIT™ workout is functional, an effective, work big muscle and simple. It combines traditional bodyweight exercises with the latest high intensity intervals and get quick results. 30 minutes workout with this HIIT training techniques to set the metabolism on fire!” (30 min)</p>
	<p>The ZUMBA dance class mix Latin rhythms with easy-to-follow moves for a full-body workout that will burn calories, blast fat and have you getting fit, without even realising it. (55 min)</p>
	<p>Postural Fit is a Pilates based class with a focus on posture, alignment and release of muscles affected by daily tasks .</p>
	<p>WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and up-percuts like the pros. It is a combat inspired class .</p>