

# Arena Fitness Group Fit timetable

Winter 2020

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Studio &amp; Theatre</b>							
5.45am	<b>LES MILLS RPM</b>	<b>LES MILLS GRIT</b>   STRENGTH	<b>LES MILLS RPM</b>	<b>LES MILLS GRIT</b>   STRENGTH	<b>LES MILLS RPM</b>	8.15am <b>LES MILLS BODYATTACK</b>	<b>LES MILLS RPM</b>
9.15am	<b>Arena BOXING4FITNESS</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	9.15am <b>LES MILLS BODYPUMP</b>	
12.15pm	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS sprint</b>		<b>LES MILLS sprint</b>		10.00am	<b>LES MILLS BODYCOMBAT</b>
5.30pm	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>			4.00pm	<b>LES MILLS BODYBALANCE</b>
6.00pm				<b>LES MILLS CXWORX</b>			
6.30pm	<b>LES MILLS CXWORX</b>	<b>LES MILLS GRIT SERIES</b> <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>		<b>LES MILLS BODYBALANCE</b>			
7.00pm	<b>Arena BOXING4FITNESS</b>	<b>LES MILLS BODYBALANCE</b>					
<b>Arena Aquatics</b>							
9.00am	<b>AQUArobics</b>			<b>AQUArobics</b>	<b>AQUArobics</b>		
10.00.am	<b>AQUArobics</b>						
6.00pm		<b>HYDROMOTION</b>					

## Gym Hours

Monday - Friday: 5.30am-9pm

Saturday 8am-7pm and Sunday 8am-5pm

## Public holiday hours

Arena Fitness hours: 8am-5pm.

Closed Christmas and New Years Day.

Join our Arena Fitness Facebook page for more info.

## Entry fees & bookings

Casual entry: \$15

Bookings for, RPM and Sprint can be made at Arena Fitness reception.

Aqua classes: \$7

AQUArobics is a community class and not operated by Arena Fitness but is part of the membership.

# Arena Fitness Group Fit classes

Remember to bring water and a towel. To keep the room and air pleasant, personal hygiene would be appreciated.

**LES MILLS**  
**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit. Burn up to 675 calories.

**LES MILLS**  
**CXWORX**

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together. Burn up to 230 calories.

**LES MILLS**  
**sprint**

SPRINT™ 30 min High Intensity Training using an indoor bike to achieve fast results with minimum joint impact. Smash your fitness goals in 30mins. Burn up to 430 calories.

**LES MILLS**  
**BODYCOMBAT**

BODYCOMBAT® is a non-contact but fiercely energetic session that redefines the high-impact workout. Combining the fighting disciplines of Karate, boxing and Tai Chi. Burn up to 740 Calories.

**LES MILLS**  
**BODYPUMP**

BODYPUMP™ is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. Burn up 540 calories.

**LES MILLS**  
**BODYATTACK**

BODYATTACK is a high energy fitness class. With movements like running, lunging and jumping with strength exercises such as push ups and squats. Burn up to 730 calories.

**LES MILLS**  
**BODYBALANCE**

BODYBALANCE™ is a yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.

**Arena**  
**BOXING4FITNESS**

BOXING4FITNESS incorporates the basic fundamentals of boxing while working on technique, fitness and muscular endurance. Equipment is provided. Burn up to 340 calories.

**LES MILLS**  
**GRIT**

<b>Grit Strength</b> Using weights and body weight exercises to blast all major muscle groups.	<b>Grit Cardio</b> Bodyweight workouts with running, lunges and push ups.	<b>Grit Plyo</b> Plyometric training based, using plates and body-weight. Burn up to 530 calories.
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**HYDROMOTION**

HYDROMOTION is a great low-impact workout with music. While having fun and burning calories. Using toggles and weights to make your workout more interesting. Burn up to 543 calories.