

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	CARDIO BOXING	LES MILLS BODYPUMP	SUPER CIRCUIT	FX30	SPIN		
6:45 AM	ABS & STRETCH						
7:00 AM		ABS & STRETCH		LES MILLS CORE	VIRTUAL YOGA		
8:00 AM							VIRTUAL HIIT
8:15 AM						SUPER CIRCUIT	
8:30 AM	FIT AND FABULOUS	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	VIRTUAL HIIT		
9:15 AM						VIRTUAL PILATES	LES MILLS BODYPUMP
9:30 AM	PILATES	PILATES			SUPER CIRCUIT		
9:30 AM	SPIN						
10:30 AM						LES MILLS BODYATTACK	LES MILLS BODYBALANCE
10:45 AM	SCULPT	LES MILLS BODYPUMP	ABT	PILATES	ZUMBA		
12:00 PM	LES MILLS BODYPUMP	ABS & STRETCH	LES MILLS BODYBALANCE	FIT AND FABULOUS	PILATES	VIRTUAL YOGA	ZUMBA
1:00 PM	VIRTUAL PILATES	FIT AND FABULOUS	PILATES	VIRTUAL YOGA	LES MILLS CORE		
4:00 PM	DANCE FIT				LES MILLS BODYCOMBAT		
4:15 PM				ACTIVE TEENS			
5:30 PM	LES MILLS BODYPUMP	FX30	FX30	STRENGTH TRAINING	FX30		
6:00 PM			ABS & STRETCH				
6:30 PM	VIRTUAL HIIT	LES MILLS BODYCOMBAT		ABS & STRETCH	VIRTUAL PILATES		
6:45 PM	ABS & STRETCH						
7:30 PM	LES MILLS CORE	VIRTUAL YOGA	ZUMBA	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
9:30 PM			LES MILLS BODYPUMP				

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM			GENTLE AQUA				
8:30 AM	DEEP AQUA			DEEP AQUA	AQUA		
9:30 AM	AQUA		AQUA	AQUA		AQUA	
12:30 PM	GENTLE AQUA				GENTLE AQUA		

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
LABOUR DAY	MONDAY - 02 OCT 2023	9 AM - 5 PM	-

3

Up to 3 minutes after class starts = Last chance to get a ticket

5

Up to 5 minutes after class starts = Last chance to get in

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

Due to instructor availability classes are subject to change without notice. For the most up to date timetable please visit our website. View timetable online WWW.MOSSVALEAQUATIC.COM.AU.COM.AU

CLASS DESCRIPTIONS

ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
ABT	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
ACTIVE TEENS	Fully supervised class aimed at teaching teenagers the benefits of exercise with emphasis on correct techniques in a social, fun and motivating environment.
AQUA AEROBICS	A great interval workout in the pool for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.
LES MILLS BODYATTACK	BODY ATTACK Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor
LES MILLS BODYPUMP	BODY PUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
LES MILLS BODYCOMBAT	BODY COMBAT is inspired by martial arts disciplines from karate and boxing to tae-kwon-do, tai chi and Muay Thai, your session gets you feeling empowered – striking, punching and kicking your way to better fitness. (55mins/45 mins)
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Bring your yoga mat and begin the journey
LES MILLS CORE	Is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
DEEP AQUA	DEEP AQUA High intensity cardio workout with participants suspended in the water with a flotation belt.
FIT AND FABULOUS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
GENTLE AQUA	A series of gentle exercises, perfect for those with muscle and joint injuries or limitations.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
YOGA	.YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
SCULPT	A moderate intensity freestyle workout that combines cardiovascular training and muscle toning. Using a variety of exercises to shape and tighten the whole body. Suitable to all ages and fitness levels.
SPIN	An indoor cycling class set to the rhythm of motivating music.
STRENGTH TRAINING	Strength training is a type of physical exercise aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of specific machines, barbells and dumbbells or body weight.
SUPER CIRCUIT	Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
 ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.
 VIRTUAL CLASSES	When you see this icon the class is a virtual class.



Group Fitness Timetable OCT - DEC 2023

Opening Hours

MON - FRI	6:00AM - 9:00PM
SAT	8:00AM - 6:00PM
SUN	9:00AM - 6:00PM