


Exercising with a
group makes you
work harder!

GROUP FITNESS TIMETABLE FROM 24 APRIL—30 JUNE 2023

Times	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		metafit		Vinyasa	POWER CYCLE		
8:30am	OMNIA 8		Core CENTRIC	BODY BLASTER	meta PWR	Box FITT	
5:00pm			Box FITT		<p>Scan me</p> 		
5:30pm	Core CENTRIC						
6:30pm	metafit	Vinyasa		POWER CYCLE			

Monday - Friday 8am-8pm, Saturday 8am-12pm
Gregory Ave, Newman P: 9177 8075

Crèche available (Bookings Essential)
Monday - Sunday 8am-11am



Class Descriptions



Vinyasa

Vinyasa yoga is a movement linked with breath. Move through a series of yoga postures with a strong focus on breath, gaining stability, strength and flexibility in the body and to calm the mind.



Box
FITT

Box Fitt is a great aerobic exercise, while it works all the muscles through the body. Box Fitt will help improve balance, strengthen upper body and core, and also increasing stamina in the heart and lungs.



OMNIA

This class is a circuit style class performed on the Omnia 8 rig, It is tailored to all participants needs and levels of fitness.



Core
CENTRIC

Core Centric is a 45 minutes aerobic workout of *body-weight floor* exercise focusing on strengthening those legs, bums and tums. This class aims to tighten and tone those areas while improving your fitness levels.



meta
PWR

Metapwr is a 30 minute high intensity resistance workout. Combining bodyweight and weighted exercises to develop strength and power.



metafit.

Metafit is a 30 minute, bodyweight high intensity interval training (HIIT) workout. This class is aimed to have clients working at max intensity during short work intervals.



POWER
CYCLE

Power Cycle is a 30 minute high intensity interval training (HIIT) bike workout. Combining bursts of intensity with rest periods to push your body to the limit.



BODY
BLASTER

Body Blaster is a mixture of bootcamp and circuit style training. This class targets all over body and is known to challenge yourself and get that heart rate going. It can also be altered for all fitness levels.