

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	City Spin Functional Fit	Stronger But Faster	ZUU	Stronger But Faster	City Spin City HIIT		
06:00 AM	City Aqua		City Spin				
06:15 AM	Mobility	Foam Roller	City Pilates		City Pilates		
07:00 AM						City Bootcamp	
08:00 AM						City Spin City Aqua	
09:00 AM	Functional Fit City Aqua	City Spin Zumba City Aqua	Stronger But Faster City Aqua	Functional Fit City Aqua	City Bootcamp City Aqua	City Yoga	City Yoga
10:00 AM			City Punch	City Yoga	ZUU	Zumba	Zumba
05:00 PM	Functional Fit	City Punch	ZUU	Functional Fit			
05:30 PM					City Spin		
06:00 PM	City Spin ZUU	City HIIT ZUU	Functional Fit City Yoga	City Punch ZUU			
06:15 PM					City Yoga		
06:30 PM	City Pilates	Zumba City Spin	Stronger But Faster	Zumba City Spin	City Punch		
06:45 PM	City Aqua	City Aqua	City Aqua	City Deep Aqua			
07:30 PM	City Aqua		Zumba	City Aqua Aqua Pilates			

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

Functional Fit

Great class that offers the best of both worlds - 30 mins of lifting, working on improving technique followed by 15 mins of WOD. Builds strength and fitness fast! Want results then get to this class.

Stronger But Faster

30/45 min class that helps tone & condition the whole body. Build strength in a fun group environment and learn the fundamental of safe lifting. Designed for all levels.

City Pilates

One of our toughest workouts! For those looking to get serious about their training - High Improve posture, core stability and strength in this highly focused 45-minute session, this mat based class will have you feeling better all over.

City Punch

A high energy interval based workout utilising a mix of boxing combinations and drills together with a range of cardiovascular and muscle conditioning exercises. No boxing experience is required and this class is focused on fitness rather than coordination.

City Bootcamp

Need that extra motivation? Then boot camp is for you. Experience a range of exercises drills in a team-oriented session - a mentally and physically tough session for those looking for that extra effort. Suitable for all fitness levels.

City HIIT

One of our toughest workouts! For those looking to get serious about their training - High Intensity Interval Training, using a mix of body weight exercises, resistance equipment and cardio work in a fun motivating high energy session. Designed to test the fittest.

Foam Roller

Mobility

Express Mobility is designed to help stretch and work on areas that may be causing tightness. This class is run in a relaxed environment using rollers, bands and own body weight. Great for all levels.

City Spin

A 30-45 minute high-intensity bike ride that promises to burn up the calories while toning the thighs in an energized and motivating environment. The ultimate cardiovascular workout.

Zumba

Zumba is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves for an interval style calorie burning dance fitness party. Join the party and get fit, well having a heap of FUN with our Zumba crew.

City Yoga

Exercise both your mind and body. Designed to build strength, endurance and flexibility through the full range of movement. Our experienced Yogi's will take you through a series of poses, stretches and exercises to complete the perfect mind/body experience.

City Aqua

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

ZUU

High intensity functional class with an animal twist! This intense workout is based around body weight primal movements. Join our Zuu crew & have fun while your training and get fit and functional at the same time.

City Deep Aqua

City Deep Aqua is a low impact cardiovascular workout. Using a buoyancy belt in deep water. Suitable for all abilities - you just need to be confident in deep water.

Aqua Pilates

Pilates develops core stability and strength, toning the body. It also helps improve your flexibility and overall energy levels. Great for all fitness levels and swimming ability.