

PLUS FITNESS

NO BOOKINGS REQUIRED
FOR GROUP FITNESS
CLASSES

Narellan + Camden Class Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
*Narellan Class Location				*Camden Central Class Location			
8.30 AM	YOGA					9.00AM	GRIT *
9.30AM	PUMP	PILATES	ATTACK	CORE & TONE	BOXING	9.30AM	PUMP
9.30AM	FATBURNER	BOXING	PUMP	SCHOOL GROUP	WEIGHTS CIRCUIT	9.45AM	CORE & TONE
10.30AM	GET STRONG		GET BALANCED		GET FIT		
5.30PM			BOXING				
5.30 PM	ATTACK	PUMP	ATTACK	PUMP			
6.00PM				CARDIO CIRCUIT			
6.30 PM		WEIGHTS CIRCUIT					
6.30PM	GRIT *	BALANCE	GRIT *	BALANCE			* Classes 30 mins All other classes 45 mins
7.00 PM			STRENGTH CIRCUIT				
7.30PM	STRENGTH CIRCUIT						

CRECHE HOURS CAMDEN

Monday-Saturday 9:00am-12:00pm
Monday & Thursday 4:00pm - 7:00pm

CRECHE HOURS NARELLAN

Monday-Saturday 9am-12pm
Tuesday-Wednesday 4:00pm-7:00pm

LES MILLS

Classes are subject to change without notice due to Instructor availability



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LES MILLS CLASS DESCRIPTIONS

LES MILLS BODYPUMP 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, presses, lifts and curls.

LES MILLS BODYATTACK Is the sports inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

LES MILLS BODYBALANCE Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS GRIT | STRENGTH A 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast.

FREESTYLE CLASS DESCRIPTIONS

BOXING: cardio based workout using boxing combinations. Partner up with the focus pads to boost your energy and let off some steam!

GET (STRONG, BALANCED, FIT): low intensity exercise classes suitable for beginners and older adults.

PILATES: controlled core strength class to enhance body mobility.

STRETCH: a class designed to make your body mobile, whilst focusing on targeted stretches and providing a relaxing environment.

YOGA: unwind, relax and open your body back up to a balanced structure.

CIRCUIT: a mix of strength and cardio stations to meet most fitness levels

TONE & CORE: exercises especially to target the core and strengthening the whole body

LES MILLS