

Arena Fitness Group Fit timetable

Summer 2019

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Studio & Theatre							
5.45am	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS RPM	8.15am 45 min class LES MILLS BODYATTACK	
9.15am	Arena BOXING4FITNESS	LES MILLS BODYPUMP	Arena BOXING4FITNESS	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	9.00am LES MILLS BODYPUMP	LES MILLS BODYSTEP CLASSIC
12.15pm	LES MILLS BODYBALANCE	LES MILLS sprint		LES MILLS sprint	ZUU	9.30am	LES MILLS RPM
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP			10.00am	LES MILLS BODYCOMBAT
6.00pm				LES MILLS CXWORX	ANKORR		
6.30pm	LES MILLS BODYATTACK	LES MILLS GRIT SERIES <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	LES MILLS BODYJAM LES MILLS RPM	LES MILLS BODYBALANCE		Gym Hours Monday - Friday: 5.30am-9pm Saturday 8am-7pm and Sunday 8am-5pm	
7.00pm		LES MILLS BODYBALANCE				Public holiday hours Arena Fitness hours: 8am-5pm. Closed Christmas and New Years Day. Join our Arena Fitness Facebook page for more info.	
7.30pm	Arena BOXING4FITNESS		ZUU			Entry fees & bookings Casual entry: \$15 Ankorr entry: \$10 non-members. Bookings for Ankorr, 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 Aquatics – Aquarobics restarts 28/01/19 and Hyrdo 12/02/19							
9.00am	AQUArobics	HYDROMOTION		AQUArobics	AQUArobics		
10.00.am	AQUArobics						
6.00pm		HYDROMOTION					

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
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
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
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.

LES MILLS
GRIT

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

BODYJAM®, an addictive fusion of dance. Mixing the latest hip-hop, funk and Latin sounds with the hottest music currently topping the charts, you'll get way more than a workout. You'll have heaps of fun!
Burn up to 530 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
BODYSTEP CLASSIC

BODYSTEP is the energizing step workout using a height-adjustable step and moving on, over and around the step. Cardio workout that pushes fat burning into high gear. Great for shaping and toning.
Burn up to 620 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.

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.

ZUU

ZUU is a bodyweight workout using primal movements. You are able to work to your own level and experience the growth of your fitness over time.
Burn up to 600 calories.

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.

ANKORR

ANKORR is a multi-directional resistance "Harness" workout. Great for cardio, functional strength and fat burning. A program like no other. Bookings required as only 12 people per class.
\$10 non-members/\$90 ten trip.

Burn over 700 calories in a class. NOT for the faint hearted.

Keep an eye on our facebook page for updates! [fb.com/teraaparahaarena](https://www.facebook.com/teraaparahaarena)