

MORLEY

GROUP FITNESS TIMETABLE

STARTING JANUARY 03 2023

STAFFED HOURS

Monday—Thursday 9.00am—6.00pm

Friday 9.00am—5.00pm

Saturday 8.30am—11.30pm

Sunday and Public Holidays Unstaffed

GX ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.15-9.15am						BodyCombat	
9.15-10.10am	HIITStep+Core	Zumba	BodyPump	Zumba	BodyPump	Zumba	
10.15-11.10am	Pilates		Yoga			BodyPump	10am Yoga
5.30-6.25pm	BodyPump	Konga	HIITCircuit+Core	Pilates			
5.45-6.40pm					Konga		
6.30-7.25pm	Pilates	BodyPump	Yoga				
STRENGTH ZONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9.30-10.15am	Super Seniors		Super Seniors		Super Seniors		
FUNCTIONAL ZONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6.00-6.45am		BATTLE-GROUND		BATTLE-GROUND			
7.30-8.15am						BATTLE-GROUND	
9.30-10.15am	BATTLE-GROUND	BATTLE-GROUND	BATTLE-GROUND	BATTLE-GROUND	BATTLE-GROUND		
6.00-6.45pm	BATTLE-GROUND	BATTLE-GROUND	BATTLE-GROUND	BATTLE-GROUND			

# NEW CLASSES COMING IN 2023!

## PILATES ON MONDAY PM!

Pilates is a mind-body intervention that focuses on strength, core stability, flexibility, muscle control, posture, and breathing.

You will isolate and strengthen muscle groups that keep your body strong and functional.

Monday PM Pilates begins on Monday 09 January at 6.30pm.

## BODYPUMP ON WEDNESDAY AM AND FRIDAY AM!

BodyPump is a non-impact class designed to give your body a complete workout using barbells and weights and great music. You will burn calories and improve strength whilst toning and shaping all over.

Wedn esday AM BodyPump begins on Wedn esday 04 January at 9.15am, Friday AM BodyPump begins on Friday 06 January at 9.15am.

## HIITCIRCUIT+CORE ON WEDNESDAY PM!

HIITCircuit is a 30 minute HIIT workout designed to improve strength and cardiovascular fitness. This workout uses a barbell, a step, weight plates, bodyweight exercises, and highly motivating music to hit all major muscle groups. We finish this class with core-focused exercises.

Wedn esday PM HIITCircuit+Core begins on Wedn esday 04 January at 5.30pm.

## HAVE YOU TRIED BATTLEGROUND?

BATTLEGROUND uses the latest fitness technology and scientifically proven progressive programming to produce serious results.

Our best personal trainers will teach you the finer details of movement technique and help you to achieve big goals. You will move through BATTLEGROUND phases making noticeable changes in strength, fitness, and body composition. BATTLEGROUND is backed with the highest level of support and accountability from your coaches.

Bookin g s are esse ntial for BATTLEGROUND, please see reception for details.