

# Beenleigh Group Fitness Timetable

as of 26th July 2010



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.45am							
6.00am				Watch This Space!			
9.15am						 8:00am	
9.15am			 9:30am 45 mins			 9:00am	
10:15am						 9:00am	
10.15am		Watch This Space!				 10:00am	 3:00pm
5.00pm	Watch This Space!						
5:30pm	 						
6.00pm						 (Go Girl Club)  Coming Soon To Beenleigh	
6.30pm							
7:30pm							

	An interval training class, using simple aerobics and sports-inspired moves. Get fit, stay fit, get fitter.		Non-stop, high energy, cardio boxing circuit class
	Combining the many beneficial aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music		Great music inspires you through a range of riding terrains enacted through the use of resistance & variable speed
	The benefits of weight training using adjustable barbells to great music. The fastest way to get into shape!		Emphasises balanced development through core strength, flexibility, & awareness to support efficient movement
	An uplifting and energising class, using an adjustable step platform with simple choreography. A great cardio and lower body workout.		The Zumba Fitness-Party is a one-of-a-kind, Latin-inspired, dance fitness workout set to sexy, high energy Latin and international music.
	This fiercely energetic program is inspired by martial arts & draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi		You will learn: Self defence, kicking & punching, Katas, power training, flexibility, from a range of Martial Arts disciplines.
	RPM™ is a cycling class where you ride the equivalent of 20-25 km of varied terrain, controlling the intensity of your workout with a resistance lever.		Ladies only circuit training classes combining strength and conditioning. Low coordination required. Great way to get started or to improve your technique.

**Opening Hours:** Mon-Thurs 5:15am-9pm, Fri 5:15am-8pm, Sat 7am-5pm, Sun 8am-4pm **Crèche:** Mon-Sat 8am – 11:30am, Mon-Wed 4:30-7:30pm

**Go Kids:** See the Go Kids Timetable for class details