

ENERGY GYM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:45AM - 5:15AM Cycle Studio 1	VIRTUAL SPRINT 4:40AM - 5:10AM Cycle Studio 1
RPM™ 5:30AM - 6:30AM Cycle Studio 1	VIRTUAL BODYCOMBAT 6:00AM - 7:00AM Fitness Studio 1	VIRTUAL SPRINT 5:30AM - 6:00AM Cycle Studio 1	VIRTUAL SPRINT 5:30AM - 6:00AM Cycle Studio 1	VIRTUAL RPM 5:30AM - 6:20AM Cycle Studio 1	VIRTUAL BODYPUMP 7:30AM - 8:15AM Fitness Studio 1	VIRTUAL CXWORX 7:35AM - 8:05AM Fitness Studio 1
VIRTUAL GRIT Cardio 6:15AM - 6:45AM Fitness Studio 1	VIRTUAL BODYFLOW 7:15AM - 7:45AM Fitness Studio 1	VIRTUAL GRIT Strength 6:00AM - 6:30AM Fitness Studio 1	VIRTUAL BODYPUMP 6:00AM - 7:00AM Fitness Studio 1	VIRTUAL CXWORX 6:15AM - 6:45AM Fitness Studio 1	RPM™ 8:15AM - 9:15AM Cycle Studio 1	VIRTUAL BODYPUMP 8:15AM - 9:00AM Fitness Studio 1
VIRTUAL BODYPUMP 7:00AM - 8:00AM Fitness Studio 1	BODYPUMP™ 8:15AM - 9:15AM Fitness Studio 1	VIRTUAL BODYPUMP 6:45AM - 7:45AM Fitness Studio 1	VIRTUAL BARRE 7:30AM - 8:00AM Fitness Studio 1	VIRTUAL BODYPUMP 7:00AM - 7:45AM Fitness Studio 1	VIRTUAL CXWORX 8:30AM - 9:00AM Fitness Studio 1	VIRTUAL RPM 8:15AM - 9:05AM Cycle Studio 1
Yoga (75 min) 8:00AM - 9:15AM Fitness Studio 1	VIRTUAL SPRINT 8:30AM - 9:00AM Cycle Studio 1	Yin / Gentle Yoga 8:00AM - 8:50AM Fitness Studio 1	BODYPUMP™ 8:15AM - 9:15AM Fitness Studio 1	Step 7:50AM - 8:40AM Fitness Studio 1	BODYPUMP™ 9:15AM - 10:15AM Fitness Studio 1	Pound® 9:15AM - 10:00AM Fitness Studio 1
RPM™ 8:15AM - 9:15AM Cycle Studio 1	Fit + Flow Yoga 9:30AM - 10:30AM Fitness Studio 1	RPM™ 8:15AM - 9:15AM Cycle Studio 1	VIRTUAL SPRINT 8:30AM - 9:00AM Cycle Studio 1	RPM™ 8:15AM - 9:15AM Cycle Studio 1	VIRTUAL RPM 9:30AM - 10:00AM Cycle Studio 1	VIRTUAL SPRINT 9:15AM - 9:45AM Cycle Studio 1
Zumba 9:30AM - 10:30AM Fitness Studio 1	VIRTUAL BODYCOMBAT 10:40AM - 11:40AM Fitness Studio 1	CXWORX™ 9:05AM - 9:35AM Fitness Studio 1	Strong by Zumba® 9:30AM - 10:30AM Fitness Studio 1	Pilates N More 8:45AM - 9:30AM Fitness Studio 1	Zumba Gold® 10:30AM - 11:30AM Fitness Studio 1	LaBlast 10:10AM - 11:00AM Fitness Studio 1
VIRTUAL RPM 9:30AM - 10:20AM Cycle Studio 1	VIRTUAL BARRE 12:00PM - 12:30PM Fitness Studio 1	Zumba 9:45AM - 10:45AM Fitness Studio 1	VIRTUAL RPM 9:30AM - 10:20AM Cycle Studio 1	Zumba 9:30AM - 10:30AM Fitness Studio 1	VIRTUAL BODYCOMBAT 12:00PM - 1:00PM Fitness Studio 1	VIRTUAL BODYCOMBAT 11:30AM - 12:30PM Fitness Studio 1
KETTLEBELLS 10:35AM - 11:20AM Fitness Studio 1	VIRTUAL GRIT Plyometrics 3:00PM - 3:30PM Fitness Studio 1	VIRTUAL SPRINT 9:50AM - 10:20AM Cycle Studio 1	LaBlast 10:30AM - 11:20AM Fitness Studio 1	VIRTUAL SPRINT 10:30AM - 11:00AM Cycle Studio 1	VIRTUAL SH'BAM 3:00PM - 3:45PM Fitness Studio 1	VIRTUAL BODYFLOW 3:00PM - 4:00PM Fitness Studio 1
VIRTUAL BODYCOMBAT 4:00PM - 4:30PM Fitness Studio 1	VIRTUAL BODYPUMP 4:00PM - 5:00PM Fitness Studio 1	VIRTUAL GRIT Strength 11:00AM - 11:30AM Fitness Studio 1	VIRTUAL SH'BAM 11:30AM - 12:15PM Fitness Studio 1	Pound® 10:35AM - 11:20AM Fitness Studio 1		VIRTUAL GRIT Cardio 4:45PM - 5:15PM Fitness Studio 1
BODYPUMP™ 5:30PM - 6:30PM Fitness Studio 1	RPM™ 5:30PM - 6:30PM Cycle Studio 1	VIRTUAL GRIT Cardio 4:30PM - 5:00PM Fitness Studio 1	VIRTUAL GRIT Strength 4:30PM - 5:00PM Fitness Studio 1	VIRTUAL CXWORX 11:30AM - 12:00PM Fitness Studio 1		VIRTUAL BODYFLOW 5:30PM - 6:30PM Fitness Studio 1
VIRTUAL RPM 5:30PM - 6:20PM Cycle Studio 1	Pound® 6:20PM - 7:10PM Fitness Studio 1	VIRTUAL RPM 5:30PM - 6:20PM Cycle Studio 1	KETTLEBELLS 5:00PM - 5:30PM Fitness Studio 1	VIRTUAL CXWORX 4:45PM - 5:15PM Fitness Studio 1		
Fit + Flow Yoga 6:30PM - 7:30PM Fitness Studio 1	VIRTUAL BODYCOMBAT 7:15PM - 7:45PM Fitness Studio 1	CXWORX™ 6:15PM - 6:45PM Fitness Studio 1	RPM™ 5:30PM - 6:30PM Cycle Studio 1	VIRTUAL BODYFLOW 5:30PM - 6:30PM Fitness Studio 1		
	VIRTUAL BODYFLOW 8:00PM - 9:00PM Fitness Studio 1	VIRTUAL SH'BAM 7:00PM - 7:45PM Fitness Studio 1	VIRTUAL BODYFLOW 6:30PM - 7:30PM Fitness Studio 1			

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

VIRTUAL CXWORX

8:00PM - 8:30PM

Fitness Studio 1

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

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.

Fit + Flow Yoga

During Fit + Flow Yoga with inspirational music as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered.

Kettlebells

This 45 minute workout is excellent for burning calories, core strength and conditioning, it works on your glutes, quads, through your core and upper body. The Kettlebell is one of the most versatile training tools as you will find in the variety of moves that can be done.

Pilates N More

A 45 minute Pilates class fused with Barre and Yoga. Traditional Pilates principals focusing on core strength but adding barre work to this class makes it unique, fun and effective. A low impact class that also focuses on lengthening the muscles and challenges your balance all at the same time.

POUND HEAVY DRUMS

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

LES MILLS RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

Step

Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Developed by Gin Miller, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (platform is 4" and each riser adds 2") as well as the amount of arm movements.

Strong by Zumba®

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

LES MILLS barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS GRIT | PLYO

High-intensity interval training designed to make you perform like an athlete.

LES MILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS SH'BAM

Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

LES MILLS sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

YOGA

(Yin and Gentle Yoga rotation) Yin Yoga - a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, Gentle Yoga - A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body.

YOGA

This 75 minute yoga class will energize you for your day.

ZUMBA fitness

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

ZUMBA fitness



ENERGY GYM

Group Exercise Timetable