

11 MARCH 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			<b>LES MILLS BODY PUMP</b> 5:45 – 6:30 JENNY			<b>STRENGTH</b> 6:00 – 6:45 KARLY	
7:00 AM						<b>PUNISHER</b> 7:00 – 8:00 Functional Area ANG  <b>LES MILLS BODYCOMBAT</b> 7:00 – 7:45 KARLY	
8:00 AM		<b>KETTLE BELL</b> 8:45 – 9:15 JESS		<b>LES MILLS BODY PUMP</b> 8:45 – 9:30		<b>VINYASA YOGA</b> 8:00 – 8:45 JOCELYN	
9:00 AM	<b>STRENGTH</b> 9:00 – 9:45 KARLY  <b>LES MILLS BODYCOMBAT</b> 9:50 – 10:35 KARLY	<b>HIIT</b> 9:15 – 9:45 JESS	<b>STRENGTH</b> 9:00 – 10:00 ANG	<b>VINYASA CORE</b> 9:40 – 10:25 IRENE	<b>HIIT</b> 9:00 – 9:45 Functional Area REGAN  <b>LES MILLS BODYCOMBAT</b> 9:00 – 9:30 KARLY  <b>ABT</b> 9:40 – 10:25 KARLY	<b>X-TREME HIP-HOP STEP</b> 9:00 – 10:00 STAYCEE	
4:00 PM			<b>CORE BLAST</b> 4:30 – 5:15 REGAN	<b>YOGA</b> 4:20 – 5:05 BLARE	<b>ABT</b> 4:30 – 5:15 STAYCEE		
5:00 PM	<b>YOGA</b> 5:00 – 5:55 BLARE  <b>BOX STRIKE</b> 5:30 – 6:15 Functional Area JOHN		<b>BOX STRIKE</b> 5:30 – 6:15 Functional Area JOHN	<b>X-TREME HIP-HOP STEP</b> 5:15 – 6:00 CARMEN  <b>BOX STRENGTH</b> 5:30 – 6:15 Functional Area JOHN	<b>X-TREME HIP-HOP STEP</b> 5:30 – 6:15 STAYCEE		
6:00 PM	<b>TABATA PUMP</b> 6:00 – 7:00 TARA	<b>VINYASA YOGA</b> 6:00 – 7:00 JOCELYN	<b>HIIT</b> 6:00 – 7:00 TARA	<b>ZUMBA FITNESS</b> 6:10 – 7:00 FRANCO			

**Reception hours:**

Monday to Friday 8am - 7pm  
Saturday 7am - 10am

**Creche Hours:**

Monday to Friday 8:30am - 11:30am  
Saturday 7am - 10am



Bookings are essential for classes and creche through the GymMaster Member App.

Scan the QR code to download GymMaster to your phone.

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## HIGH INTENSITY/CIRCUIT/CARDIO

**LES MILLS BODYCOMBAT** is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.

**PUNISHER** Created by our PT Angela, PUNISHER is a High intensity class which pushes you physically and mentally using weights, power and endurance.

**BOX STRIKE** Unleash your inner warrior in our explosive Box Strike class! Join our experienced PT John for heart-pumping high-intensity boxing drills in his dynamic and exciting class. Push your limits, torch calories, and build incredible strength.

**BOX STRENGTH** Transform your strength and fitness with our dynamic Box Strength class, designed to elevate your performance through combat sport-inspired conditioning and training techniques. Unleash your full potential and conquer your fitness goals in this high-energy session!

**HIIT** High Intensity Interval Training. This is a go hard all over body workout. You will find joints and muscles you didn't know you had. All fitness levels catered for.

**XTREME HIP-HOP** Step Aerobics is a dynamic and exhilarating workout that combines choreographed routines with a specially designed step platform. Get your heart pumping and your body moving as you step, hop, and dance your way to a fitter you.

**ZUMBA FITNESS** Pretty much the most awesome workout ever! Dance to great music, with great people, and burn a ton of calories without even realising it.

**SUPER CIRCUIT** This class uses a range of different 'stations' each of which involves a different exercise. You perform timed sets at each station before moving to the next one. It's based around a whole-body workout with a strong focus on strength and cardiovascular.

## STRENGTH & TONING

**LES MILLS BODYPUMP** The fastest way to change your body shape. Adjustable weight loaded barbells allow you to increase your lean muscle mass (without building 'bulk') burning more calories and ensuring awesome muscle tone as well as improving your posture.

**TABATA PUMP** Join us for a high-intensity workout that will ignite your strength. Experience short bursts of explosive exercises like Squats, Lunge Jumps, and targeted Chest and Back movements that will push your limits and take your fitness to the next level. With weighted core work to amplify your results, you'll leave feeling stronger, energized, and ready to conquer any challenge.

**KETTLEBELL** Using the versatile and effective kettlebell, we take your full body workout to new heights, sculpting and toning every muscle group. Get ready to challenge yourself and experience the thrill of functional training combined with the excitement of a fun and energetic workout.

**STRENGTH** Strong for life! The exercises chosen, repetitions performed, and varied speeds we work at are all designed for one thing — to make you stronger. The weighted core work will leave you feeling stronger and exhilarated when you're done.

**ABT** A triple threat workout targeting three common trouble zones at one time. Focusing purely on strengthening your abs, butt and thighs with a combination of strength enhancing and muscle toning exercises that are designed to yield results.

## CORE & FLEXIBILITY

**CORE BLAST** This is a core focused class to help strengthen and tone. Utilize a variety of weights to tone and shape your body, while working up a sweat. Open to all fitness levels.

**VINYASA CORE** In this Core strength Vinyasa class, specific poses and sequences are designed to help access and understand your core which improves alignment and stability. Classes are dynamic and bring benefits of stronger and more flexible bodies as well as benefits of increased focus, confidence, and self-awareness.

**VINYASA YOGA** This is a creative form of Yoga where poses are linked together with breath in a flowing sequence. With a variety of sequencing techniques, no class is ever the same! Build your strength, flexibility, core, breath awareness and mind-muscle connection in this mindful and powerful class.

**YOGA** A dynamic Yoga Class that includes both static and dynamic poses in a flow, to build strength and enhance flexibility. Attention is given to breath and alignment, finishing with meditation and relaxation.

## JOIN OUR CREW

Keep up to date with all things Group Fitness via our Movement Beenleigh Crew Facebook Group.

Scan the QR code to join!

