

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM	City HIIT	City ABT	City Express HITT	City Pilates			
08:00 AM	City Mobility					City Bootcamp	
09:00 AM				City Express HITT			
09:30 AM	City Yoga	City Aerobics	City Spin	City Sculpt	City Spin		
10:30 AM	City Aqua Indoor		City Aqua Indoor		City ABT		
11:15 AM		City Aqua Indoor			City Aqua Indoor		
04:00 PM					City HIIT		
04:15 PM		City Functional Fit		City Punch			
04:30 PM	City Express HITT		City Bootcamp		Zumba Kids		
05:00 PM	City Sculpt						
05:15 PM		City Punch		City Functional Fit	Zumba City Aqua Indoor		
05:30 PM			City Functional Fit				
06:30 PM	City Aqua Indoor	City Yoga City Hydrotherapy	City Aqua Indoor	City Yoga			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

City Punch

A high energy interval based workout utilising a mix of boxing combinations and drills together with a range of cardiovascular and muscle conditioning exercises. No boxing experience is required and this class is focused on fitness rather than coordination.

City Bootcamp

Need that extra motivation? Then boot camp is for you. Experience a range of exercises drills in a team-oriented session – a mentally and physically tough session for those looking for that extra effort. Suitable for all fitness levels

City Yoga

Exercise both your mind and body. Designed to build strength, endurance and flexibility through the full range of movement. Our experienced Yogi's will take you through a series of poses, stretches and exercises to complete the perfect mind/body experience.

City Aqua Indoor

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment. Session is completed in our indoor pool all year round.

City Mobility

Express Mobility is designed to help stretch and work on areas that may be causing tightness. This class is run in a relaxed environment using rollers, bands and own body weight. Great for all levels.

City Aerobics

This class is a high intensity workout that includes several body weight exercises that is designed to keep you burning calories long after the class is complete. Come and try it today!

City Pilates

One of our toughest workouts! For those looking to get serious about their training - High Improve posture, core stability and strength in this highly focused 45-minute session, this mat based class will have you feeling better all over.

City Hydrotherapy

A low-intensity aquatic-based session focusing on movement and flexibility.

City HIIT

HIIT One of our toughest workouts! For those looking to get serious about their training - High Intensity Interval Training, using a mix of body weight exercises, resistance equipment and cardio work in a fun motivating high energy session. Designed to test the fittest.

Zumba

Zumba is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves for an interval style calorie burning dance fitness party. Join the party and get fit, well having a heap of FUN with our Zumba crew.

Zumba Kids

Designed for kids Zumba Kids is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves that kids love so much, they just keep wanting to come back.

City Functional Fit

Great class that offers the best of both worlds, the class covers lifting, working on improving technique followed by a workout of the day. Builds strength and fitness fast! Want results then get to this class. These classes can be adjusted to suit all levels and abilities so join our #CITYTRIBE today.

City ABT

The classic and popular Abs, butt and thighs workout. For those wanting to feel the burn and tone the body.

City Sculpt

A weights to music class that strengthens your entire body. This class uses a Weighted based equipment from Barbells, Free weights & bands to perform exercises like squats, presses, lifts & curls. Great music, awesome Instructors & your choice of weight to inspire you to get the results you came for.

City Spin

A 30-45 minute high-intensity bike ride that promises to burn up the calories while toning the thighs in an energized and motivating environment. The ultimate cardiovascular workout