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 6:05AM PF POWER 30 min	 6:05AM PF BURN 45 min	 6:05AM LES MILLS BODY PUMP 55 min	 6:05AM PF ENERGY 45 min	 6:05AM YOGA 55 min		
 7:30AM PF ACTIVE 45 min	 9:30AM LES MILLS BODY PUMP 55 min	 8:30AM PF ACTIVE 45 min	 9:30AM LES MILLS BODY PUMP 55 min	 7:30AM PF ACTIVE 45 min	 8:15AM LES MILLS BODY PUMP 55 min	
 8:30AM PF ACTIVE 45 min		 9:30AM PF CHALLENGE 45 min		 8:30AM PF ACTIVE 45 min	 9:30AM PF PUNCH 45 min	
 9:30AM PF CHALLENGE 45 min		 10:30AM PILATES 45 min		 9:30AM PF SCULPT 45 min	 10:30AM YOGA 55 min	
 10:30AM PF BALANCE 45 min	 5:30PM PF BLAST 30 min	 5:30PM PF ATTACK 45 min	 5:30PM PF POWER 30 min	 10:30AM PF BALANCE 45 min		
 5:30PM LES MILLS BODY PUMP 55 min	 6:15PM YOGA 55 min	 6:30PM LES MILLS BODY PUMP 45 min	 6:15PM YOGA 55 min	 5:30PM LES MILLS BODY PUMP 55 min		 4:00PM YOGA 55 min
 6:30PM PF BALANCE 45 min	 7:30PM ZUMBA 55 min	 7:30PM ZUMBA 55 min	 7:30PM ZUMBA 55 min			



HIIT



STRENGTH



CARDIO



WELLBEING

CLASS DESCRIPTIONS

PF ACTIVE <i>CARDIO</i>	A challenging workout carefully tailored to all fitness levels injuries and/or ailments. Expect a good time, not an easy time.
PF ATTACK <i>CARDIO</i>	A program to build strength & stamina, combining high energy and strengthening movements. A great class for beginners to intermediate participants wanting to work on their cardiovascular fitness.
PF BALANCE <i>WELLBEING</i>	The perfect combination of yoga, tai chi and pilates. Body balance builds flexibility and strength whilst bringing the body into a state of harmony and balance. Bring your yoga mat and begin the journey.
PF BLAST <i>HIIT</i>	PF Blast is a high intensity interval training that is challenging for all fitness levels. Using only bodyweight training, this class is fast and fun. It will get you fit in no time!
PF BURN <i>HIIT</i>	A high intensity interval style workout, which incorporates cardiovascular moves with a mixture of cross training, functional training, core strength and weight exercises. This class is designed to push you to your limit. Be prepared for a challenge!
PF CHALLENGE <i>HIIT</i>	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels.
PF ENERGY <i>HIIT</i>	An athletic cardiovascular session that includes HIIT, power and strength exercises designed to push you to your limit. Be prepared for burpees!
PF SCULPT <i>HIIT</i>	This high intensity interval training session based on strength & body sculpting exercises - no 2 workouts will be the same. Incorporating basic step moves & a small dose of running. Beginners to advanced welcome.
BODY PUMP <i>STRENGTH</i>	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
PILATES <i>WELLBEING</i>	Pilates is a body conditioning routine that can help flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips and back. Whilst developing a strong core and improving coordination and balance.
YOGA <i>WELLBEING</i>	The ancient practice of yoga designed to center the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
ZUMBA <i>CARDIO</i>	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

STAGE 2 OPENING HOURS

Monday - Friday 5:00am - 11:00pm | Saturday 7:00am - 6:00pm | Sunday 8:00am - 6:00pm