

LAMBTON URTH TRAINING TIMETABLES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6:00AM FUNCTIONAL 45 min		 6:00AM FUNCTIONAL 45 min			 7:00AM FUNCTIONAL 45 min	
 6:00AM BODY PUMP (LES MILLS) 45 min	 6:00AM CARDIO BLAST 45 min	 6:00AM BODY PUMP (LES MILLS) 55 min	 6:00AM BOXING 45 min	 6:00AM HIIT 45 min		
 8:30AM CARDIO BLAST 45 min		 8:30AM ACTIVE 45 min		 8:30AM ACTIVE 45 min	 8:15AM BODY PUMP (LES MILLS) 55 min	
 9:30AM HIIT STRENGTH 45 min	 9:30AM BODY PUMP (LES MILLS) 55 min	 9:30AM BOOTY & CORE 45 min	 9:30AM BODY PUMP (LES MILLS) 55 min	 9:30AM BODY SCULPT 45 min	 9:30AM BOXING 45 min	
 10:30AM YOGALATES 45 min	 10:30AM BODY ATTACK (LES MILLS) 45 min	 10:30AM YOGALATES 45 min		 10:30AM YOGALATES 45 min	 10:30AM YOGA 45 min	
 5:30PM BODY PUMP (LES MILLS) 55 min	 5:30PM BOOTY & CORE 45 min	 5:30PM BODY ATTACK (LES MILLS) 45 min	 5:30PM BODY COMBAT (LES MILLS) 45 min	 5:30PM BODY PUMP (LES MILLS) 55 min		 4:00PM YINYOGA 55 min
 6:00PM FUNCTIONAL 45 min	 6:30PM YOGA 55 min	 6:30PM BODY PUMP (LES MILLS) 45 min	 6:30PM YOGALATES 45 min			
 6:35PM YOGALATES 45 min	 7:30PM ZUMBA 45 min	 7:30PM YINYOGA 55 min				



WELLNESS



STRENGTH



CARDIO



FUNCTIONAL

CLASS DESCRIPTIONS

ACTIVE CARDIO

A challenging workout carefully tailored to all fitness levels injuries and/or ailments. Expect a good time, not an easy time.

BOXING CARDIO

The ultimate boxing workout using pads, gloves, kick pads and focus mitts. Incorporating high intensity and strength moves for maximum calorie burning effect. A guaranteed good time, although your arms may tell a different story the next day! Beginners, intermediate and advanced stages for everyone. Note: You do not have to come in with a partner to join this workout!

YIN YOGA WELLNESS

Yin Yoga targets your deep connective tissues, like your fascia, ligaments, joints, and organs. It's slower, more meditative and the asanas (poses) are held for longer, giving you space and time to turn inward, tune into, and connect to both your body and mind. It's an opportunity to refresh, restore, relax, and renew.

BODY PUMP STRENGTH

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.

YOGA WELLNESS

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 CARDIO

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!

LES MILLS BODY ATTACK CARDIO

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energising tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories** and leaving you with a sense of achievement.

BODY SCULPT CARDIO

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.

YOGALATES WELLNESS

This class is a fusion of Yoga and Pilates. You will be taken on a mindful journey, that incorporates stretching, core and abdominal strength work, followed by relaxation and meditation.

HIIT STRENGTH STRENGTH

H.I.I.T class based on High Intensity Interval Training techniques. Focuses on strength training, building lean muscle and maximising calorie burn through cardio too. This class will put you through a series of whole-body exercises implemented in an interval style format.

HIIT STRENGTH

Prepare to take your fitness to the next level. HIIT stands for High intensity interval training- short bursts of intense movement followed by just enough recovery to allow you to come back to the next set guns a blazin'! Not for the faint hearted.

BODY COMBAT CARDIO

BODYCOMBAT™ - PUNCH AND KICK YOUR WAY TO FITNESS This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Our highly-trained expert instructors will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

CARDIO BLAST CARDIO

This is a fast paced and challenging cardio workout is insanely addictive, and also caters to all fitness levels. This cardio full body workout uses large muscle movement over a sustained period of time to burn calories and you will leave this class buzzing!

BOOTY & CORE STRENGTH

This class will work the butt, legs and core. It involves body weight and Pilates based exercises that strengthen and tone, plus create strong and lean muscles.

FUNCTIONAL

A FUNCTIONAL high intensity workout with a purpose! Incorporating exercises to develop movements performed in daily activities, leaving you feeling amazing and capable of conquering any activity.