

# Group Fitness Timetable

Class times may vary due to events or public holidays.  
For the latest group fitness timetable visit [hbfarena.com.au](http://hbfarena.com.au)



## Morning Classes

● Teen Fit friendly classes

| Monday  | Tuesday  | Wednesday                                     | Thursday  | Friday  | Saturday                                       | Sunday                                      |
|---|--|---|---|---|--|---|
| 5:30am - 6:25am<br><b>Max NRG</b>             | 5:30am - 6:25am<br><b>Cycling</b> ●              | 5:30am - 6:25am<br><b>Max NRG</b>             | 5:30am - 6:00am<br><b>MetaFit</b> ●               | 5:30am - 6:25am<br><b>Cycling</b> ●           | 7:30am - 8:15am<br><b>Cardio Box 45</b> ●      | 8:00am - 8:55am<br><b>BODYSTEP</b> ●        |
| 7:30am - 8:25am<br><b>Get Active Circuit</b>  | 5:30am - 6:15am<br><b>BODYPUMP 45</b>            | 8:30am - 9:25am<br><b>50:50 Weights/Step</b>  | 6:00am - 6:30am<br><b>Pure Abs XP</b> ●           | 5:30am - 6:25am<br><b>BODYPUMP</b>            | 8:00am - 8:55am<br><b>Cycling</b> ●            | 9:00am - 9:30am<br><b>MetaFit Outdoor</b> ● |
| 8:30am - 9:25am<br><b>BODYPUMP</b>            | 7:30am - 8:15am<br><b>GA Mindful Movements</b>   | 8:45am - 9:30am<br><b>Cycle 45</b> ●          | 7:30am - 8:15am<br><b>Get Active Pilates</b>      | 7:30am - 8:15am<br><b>Get Active Cardio</b>   | 8:00am - 8:55am<br><b>Outdoor X</b>            | 9:00am - 9:55am<br><b>BODYCOMBAT</b> ●      |
| 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●     | 8:30am - 9:25am<br><b>Max NRG</b>                | 9:30am - 10:25am<br><b>Fit 'N' Firm</b> ●     | 8:30am - 9:25am<br><b>Step Moves</b> ●            | 8:30am - 9:25am<br><b>BODYCOMBAT</b> ●        | 8:00am - 8:55am<br><b>Intermediate Pilates</b> | 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●   |
| 9:30am - 10:25am<br><b>BODYCOMBAT</b> ●       | 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●        | 9:40am - 10:10am<br><b>ABT Xpress</b> ●       | 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●         | 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●     | 8:30am - 9:25am<br><b>BODYSTEP</b> ●           | 9:00am - 9:55am<br><b>Yoga</b> ●            |
| 9:40am - 10:10am<br><b>Pure Abs XP</b> ●      | 9:30am - 10:25am<br><b>50:50 Weights/Step</b>    | 10:30am - 11:25am<br><b>BODYPUMP</b>          | 9:00am - 9:45am<br><b>Outdoor X 45</b>            | 9:30am - 10:25am<br><b>Max NRG</b>            | 9:00am - 9:55am<br><b>Outdoor X</b>            | 9:40am - 10:10am<br><b>HIIT 30 Cycle</b> ●  |
| 9:40am - 10:25am<br><b>Outdoor X 45</b>       | 10:00am - 10:55am<br><b>Yoga</b> ●               | 10:30am - 11:25am<br><b>Pilates</b> ●         | 9:30am - 10:25am<br><b>Freestyle Weights</b>      | 9:40am - 10:10am<br><b>Pure Abs XP</b> ●      | 9:00am - 9:55am<br><b>Pilates</b> ●            | 10:00am - 10:55am<br><b>BODYPUMP</b>        |
| 10:30am - 11:25am<br><b>Get Active Tone</b>   | 10:30am - 11:25am<br><b>Fit 'N' Firm</b> ●       | 11:30am - 12:25pm<br><b>GA Better Balance</b> | 10:30am - 11:25am<br><b>Get Active Tone</b>       | 9:40am - 10:10am<br><b>HIIT 30 Cycle</b> ●    | 9:00am - 9:30am<br><b>HIIT 30 Cycle</b> ●      | 10:30am - 11:25am<br><b>Yin Yoga</b> ●      |
| 10:30am - 11:25am<br><b>BODYBALANCE</b> ●     | 11:00am - 11:55am<br><b>Pilates</b> ●            | 12:30pm - 1:25pm<br><b>Get Active Cardio</b>  | 10:30am - 11:25am<br><b>BODYBALANCE</b> ●         | 10:30am - 11:25am<br><b>Step Moves</b> ●      | 9:30am - 10:25am<br><b>BODYCOMBAT</b> ●        |   |
| 11:30am - 12:25pm<br><b>Get Active Cardio</b> | 11:30am - 12:25pm<br><b>Breath &amp; Balance</b> |   | 11:30am - 12:25pm<br><b>Yoga</b> ●                | 10:30am - 11:25am<br><b>BODYBALANCE</b> ●     | 10:00am - 10:55am<br><b>Pilates</b> ●          |   |
|   |  |   | 11:30am - 12:25pm<br><b>Breathe &amp; Balance</b> | 11:30am - 12:25pm<br><b>GA Better Balance</b> | 10:30am - 11:25am<br><b>BODYBALANCE</b> ●      |   |
|   |  |   |   |   | 11:00am - 11:55am<br><b>Yoga</b> ●             |   |
|   |  |   |   |   | 11:30am - 12:15pm<br><b>Les Mills Dance</b> ●  |   |

## Afternoon Classes

| Monday                                      | Tuesday                                 | Wednesday                                 | Thursday                                 | Friday  | Saturday                           | Sunday |
|---|---|---|--|---|------------------------------------|--------|
| 4:00pm - 4:45pm<br><b>Teen Fit</b> ●        | 4:30pm - 5:00pm<br><b>Pure Abs XP</b> ● | 4:00pm - 4:45pm<br><b>Teen Fit</b> ●      | 4:30pm - 5:25pm<br><b>BODYPUMP</b>       | 5:30pm - 6:25pm<br><b>BODYPUMP</b>  | 2:00pm - 2:55pm<br><b>BODYPUMP</b> |        |
| 4:30pm - 5:25pm<br><b>ABT</b> ●             | 5:00pm - 5:30pm<br><b>MetaFit</b> ●     | 4:30pm - 5:25pm<br><b>Fit 'N' Firm</b> ●  | 5:00pm - 5:30pm<br><b>CardioBox XP</b> ● | 6:30pm - 7:25pm<br><b>Club Fiesta</b> ●<br><small>*First Friday every month</small> |                                    |        |
| 4:45pm - 5:15pm<br><b>HIIT 30 Cycle</b> ●   | 5:30pm - 6:25pm<br><b>Club Fiesta</b> ● | 5:00pm - 5:55pm<br><b>Pilates</b> ●       | 5:30pm - 6:25pm<br><b>Max NRG</b>        |   |                                    |        |
| 5:30pm - 6:25pm<br><b>Yoga</b> ●            | 5:30pm - 6:25pm<br><b>Yoga</b> ●        | 5:30pm - 6:25pm<br><b>BODYCOMBAT</b> ●    | 5:30pm - 6:25pm<br><b>Yoga</b> ●         |   |                                    |        |
| 5:30pm - 6:25pm<br><b>BODYPUMP</b>          | 5:45pm - 6:40pm<br><b>Cycle 45</b> ●    | 5:30pm - 6:25pm<br><b>Outdoor X</b>       | 5:40pm - 6:25pm<br><b>Cycle 45</b> ●     |   |                                    |        |
| 5:30pm - 6:25pm<br><b>Outdoor X</b>         | 6:30pm - 7:25pm<br><b>BODYPUMP</b>      | 5:30pm - 6:25pm<br><b>HIIT 30 Cycle</b> ● | 6:30pm - 7:25pm<br><b>BODYCOMBAT</b> ●   |   |                                    |        |
| 5:30pm - 6:00pm<br><b>HIIT 30 Cycle</b> ●   | 7:00pm - 7:55pm<br><b>Yin Yoga</b> ●    | 6:00pm - 6:55pm<br><b>Pilates</b> ●       | 6:30pm - 7:25pm<br><b>Yin yoga</b> ●     |   |                                    |        |
| 6:15pm - 6:45pm<br><b>HIIT 30 Cycle</b> ●   |   | 6:15pm - 6:45pm<br><b>HIIT 30 Cycle</b> ● |  |   |                                    |        |
| 6:30pm - 7:15pm<br><b>Les Mills Dance</b> ● |   | 6:30pm - 7:25pm<br><b>BODYBALANCE</b> ●   |  |   |                                    |        |
| 6:30pm - 7:25pm<br><b>BODYBALANCE</b> ●     |   |   |  |   |                                    |        |
| 7:30pm - 8:25pm<br><b>Pilates</b> ●         |   |   |  |   |                                    |        |

# Class descriptions

## CARDIO

**BODYCOMBAT™** is an energetic programme inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**BODYSTEP™** uses a height-adjustable step and simple movements on, over and around a step, as you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**CARDIOBOX** A calorie burning workout, using focus mitts and kick shields that also combine skipping, core work and body resistance training. Please bring your own gloves for hygiene and safety reasons, hand wraps or cotton gloves recommended. Available in 55 minute and 30 minute EXPRESS formats.

**FIT 'N' FIRM** is a high energy freestyle cardiovascular class that builds strength and stamina. Catering for all fitness levels, it incorporates upper and lower body conditioning exercises. At times instructors will intensify the programme by giving you the option of adding a step (see description for STEP MOVES).

**GET ACTIVE CARDIO** classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey.

**MAX NRG** is an intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina.

**METAFIT™** created by a former Royal Marine Commando, Metafit combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! 30 minute EXPRESS format.

**LES MILLS DANCE™** A 45-minute high-energy workout. Each class includes 10 stand-alone tracks, introducing new choreography. Anchored in 3 cardio peaks, a warmup and cool down, it incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

**STEP MOVES** is a freestyle high intensity cardio workout suited to experienced participants. Increase your heart and lung capacity through a full-body cardio workout burning lots of calories for a leaner body. Step moves classes may include some ABS, Butt, Thigh exercises within this class type.

**HIT-NRG** Using just your body weight ignite your fitness with this fast paced hi energy class.

**CLUB FIESTA** offers a fun Latin and Caribbean inspired, dance fitness classes that involve easy to follow dance and aerobic movements performed to energetic and exotic rhythms of Latin, Afro, hip-hop, international and current beats!

## MIND AND BODY

**BODYBALANCE™** is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**GET ACTIVE BETTER BALANCE** Specific balance exercises to create better stability through the joints and strength exercises targeting the muscles required to regain and maintain a full quality of life. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey. 55 minute format.

**PILATES** this programme focuses on the core postural muscles which help keep the body balanced and provide support for the spine. Pilates exercises teach awareness of breath, alignment of the spine and aim to strengthen the deep torso muscles. 55 minute format.

**GET ACTIVE PILATES** Focusing on the core postural muscles that support your spine and joints, we teach alignment of spine and joint stability through pilates based moves. Although, this class is designed for seniors, we welcome anybody that is rehabilitating after injury or just starting out.

**YOGA** is a class comprised of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. 55 minute format.

**BREATH & BALANCE** is wellness class designed to promote overall wellness and enhance one's quality of life. It focuses on holistic approaches to achieving and maintaining a balanced mind, body and spirit. In this class, participants can expect to learn unique strategies and techniques for improving physical health, mental clarity, emotional resilience and spiritual connection.

**YIN YOGA** is a more meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose. 55 minute format.

**MINDFUL YIN** The ultimate combination of mind and body practice to leave you feeling relaxed and re-energised.

The mind and body will be guided into a more meditative state beginning with a small yin yoga practice, that focuses on deep stretching of connective tissue. The use of yoga props will allow the body and mind to relax and prepare for the guided meditation to follow. Meditation is effective in short term stress reduction and long term health benefits. Music may be used throughout the guided meditation class. For comfort a blanket, pillow and yoga mat are recommended.

## SCULPT AND STRENGTHEN

**MOBILITY FLOW** Every month target a different area of the body to increase movement and release the tough membranes that wrap and support your muscles.

**50:50 WEIGHTS:STEP** Combines two different fitness elements to help tone and strengthen your muscle and increase your overall fitness levels. This class incorporates 50 % weight training with 50 % cardio utilising a step for the best results for both muscle sculpting and increasing fitness levels.

**BODYPUMP™** will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Available in 55 and 30 minute EXPRESS format.

**FREESTYLE WEIGHTS EXPRESS** is a class designed to maximise your muscle strength, condition and tone. Burn fat, gain strength and get ripped with this freestyle weights based class.

**OUTDOOR X** is an outdoor training programme designed to improve strength and cardio through a mix of traditional and functional training methods. Classes are held in the outdoor training zone (weather permitting) and may be cancelled without notice, please bring a hat, sunglasses and apply sunscreen.

**PURE ABS EXPRESS** is a 30 minute workout focusing on abdominals, lower back and glutes to stabilise and strengthen your core muscles.

**ABT** is a focused class working on abdominals, glutes and thighs, to tone and shape.

**GET ACTIVE TONE** Utilising light weights and bands this class will help you gain strength and tone to your muscles. Aimed at seniors or those wanting a lower intensity weights class.

## CYCLE

**CYCLE** classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. Class duration is 55 minutes.

**HIIT CYCLE** High Intensity Interval Training (HIIT) Cycle is great for people with limited time to train. HIIT increases your VO2 max fast. Available in 30 minute EXPRESS format.

**TEEN FIT CLASSES** 12 - 13 years must be accompanied by a participating adult guardian. 14 - 15 year olds may attend without an adult guardian. Proof of age must be shown or a Teen Fit plus membership must be presented.

## Casual visits

Enjoy our facilities without committing to a membership, with our casual pay as you go options. Just visit reception upon arrival for your pass and you're off - it's that simple.

|                       | Adult   | 10 Visit | Conc.   | 10 Visits |
|-----------------------|---------|----------|---------|-----------|
| Group Fitness Classes | \$18.00 | \$162.00 | \$16.20 | \$145.80  |
| Express               | \$13.65 | -        | \$12.29 | -         |

## Terms and conditions

By entering the venue you agree to abide by the terms and conditions and conditions of entry set by VenuesWest. To view or obtain a copy please see reception.