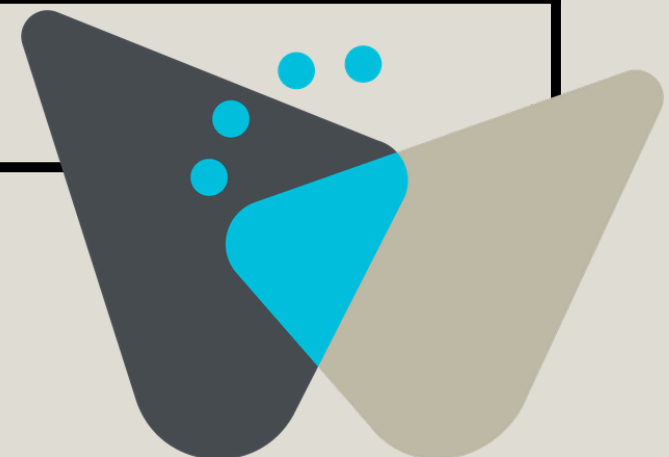


Wulanda Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05am	HIIT (45min) Level 1 Program Room	Strength (45min) Level 1 Program Room	Speed (45min) Level 1 Program Room	Resistance (45min) Level 1 Program Room	Functional Fit (45min) Level 1 Program Room	
7.15am	Boxing (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room		Power Circuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room	
8.00AM						HIIT (45min) Level 1 Program Room
9.00am	Aqua Combat(45min) Warm Water Pool	Yoga (45 min) Youth Room	Aqua HIIT(45min) Warm Water Pool		Aqua HIIT(45min) Warm Water Pool	YOGA (45min) Youth Room
10.00am			Mindful Movement (45min) Level 1 Program Room	Aqua Resistance HIIT(45min) Warm Water Pool		
10.00am						
10.30am	Aqua Deep(45min) 25m Pool	Aqua Aerobics(45min) 25m Pool				
11.30am	Active Adults (45min) Level 1 Program Room	Active Adults (45 min) Level 1 Gym	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Aqua Deep(45min) 25m Pool	
12.30pm	HIIT (45min) Level 1 Program Room	Strength (45min) Level 1 Gym	Speed (45min) Level 1 Program Room	Resistance (45min) Level 1 Program Room	Functional Fit (45min) Level 1 Program Room	
4.00pm	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	
5.00pm						
5.30pm	LES MILLS BODY STEP (45min) Level 1 Program Room	LES MILLS BODY PUMP(45min) Level 1 Program Room	Freestyle (45min) Level 1 Program Room			
	Aqua Combat(45min) Warm Water Pool		Aqua Aerobics(45min) Warm Water Pool	Aqua Resistance HIIT(45min) Warm Water Pool		
6.00pm	HIIT (30min) Level 1 Gym	Strength (30min) Level 1 Gym	Speed (30min) Level 1 Gym	Resistance (30min) Level 1 Gym	Cardio/strength (30 min) Level 1 Gym	
6.30pm	Freestyle (45min) Level 1 Program Room	Aqua HIIT(45min) Warm Water Pool	Yoga (45 min) Youth Room	LES MILLS BODY PUMP(45min) Level 1 Program Room		

This timetable commences from 27 January 2026



Wulanda Group Fitness Classes

Class Guide for Members

Our group training and classes are suited to all levels of ability & fitness. Variations can be provided, and you are encouraged to go at your own pace. Our fitness professional team will guide you through each session so that you will both enjoy and experience the benefits of exercise.

All classes include a warmup and cool down with the majority of the classes being 45-minute sessions unless stated otherwise.

GYM FLOOR PROGRAMS

Active Adults	Our programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements.
Cardio HIIT - SGT	Raise your heart rate through high rep and low weight interval programs lead by one of our trainers.
Resistance - SGT	Engage and use your muscles and own body weight with lower reps for an all over body workout.
Speed - SGT	A faster paced version of Cardio for those wanting a little more challenge.
Strength - SGT	Focus on making you stronger. Weight based programs using free weights and machines.
Teen Gym	A dedicated session for our Teen Gym Members to train with support and guidance from a trainer.

AQUATIC FITNESS PROGRAMS

Aqua Aerobics	Aqua aerobics is a cardiovascular workout, that slowly increases intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower workout.
Aqua Combat	Aqua Combat combines boxing-inspired moves with the resistance of water to create a high-intensity workout that boosts cardiovascular fitness.
Aqua Deep	Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout without the stress on your joints.
Aqua HIIT	Aqua HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest.
Aqua Resistance HIIT	A high energy water workout combining resistance equipment and short, intense intervals to boost strength, cardio fitness, and calorie burn while being easy on the joints. Perfect for all fitness levels with options to work at your own intensity.

Wulanda Group Fitness Classes

Class Guide for Members

GROUP FITNESS PROGRAMS

Boxing	Get the heart rate pumping as we move through a combination of pad-work, cardio and boxing technique.
Freestyle	An instructor-designed workout that changes each session, allowing movements and intensity to be tailored to the group. It blends cardio, strength, and functional training for a varied, engaging experience.
Yoga	An holistic experience for the body and mind. Designed to help increase strength and flexibility, reduce stress and promote overall wellness.
<i>LES MILLS</i> Body Pump	The original barbell class that strengthens and tones your entire body. Using light to moderate weight with high repetition, this training challenges small and large muscle groups while being motivated by modern and inspiring music.
<i>LES MILLS</i> Body Step	Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combined with movements like push-ups and weight plate exercises, the result is a fun and uplifting full-body workout!
Mindful Movement	A slow class designed for those new to group fitness or exercises, with the same program for numerous weeks allowing members to work on exercises and understand correct form.
Power Circuit	Circuit Training at its best! Combining strength, speed and cardio. Move around the stations for a workout with variety and challenge.
Spin	Hop on the spin bike for a small Instructor lead Cardio workout! BURN up to 800 calories per class!
Strength & Conditioning	A class focused on the lifting technique and form. This class is designed for those wanting to improve their strength.
HIIT	HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest.