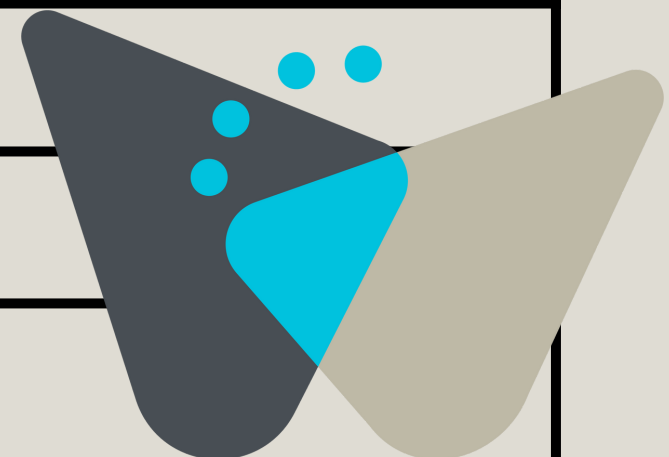


Wulanda Group Fitness Timetable

	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	Boot Camp (45min) Court 6	
7.15am	Power Circuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room	Boxing (45min) Level 1 Program Room	Power Circuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room	
8.00AM						LES MILLS BODY STEP (45min) Level 1 Program Room
8.15am						
9.00am	Aqua Combat(45min) Warm Water Pool	Core & More (30min) Level 1 Program Room	Aqua HIIT(45min) Warm Water Pool		Aqua Aerobics(45min) Warm Water Pool	Pilates (45min) Level 1 Program Room
9.30am		Stretch & Flex (30min) Level 1 Program Room				
10.00am			Mindful Movement (45min) Level 1 Program Room			
10.30am	Aqua Deep(45min) 25m Pool	Aqua Aerobics(45min) 25m Pool			Aqua Deep(45min) 25m Pool	
11.30am	Active Adults (45min) Level 1 Gym	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	
12.30pm	HIIT (45min) Level 1 Gym	Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	Functional Fit (45min) Level 1 Gym	
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		Freestyle (45min) Level 1 Program Room			
	Aqua Combat(45min) Warm Water Pool	Aqua HIIT (45min) Warm Water Pool	Aqua Aerobics(45min) Warm Water Pool	Aqua 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	Boxing (45min) Level 1 Program Room	LES MILLS BODY PUMP(45min) Level 1 Program Room	Strength & Conditioning (45min) Level 1 Program Room	LES MILLS BODY PUMP(45min) Level 1 Program Room		



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/Strength - SGT	A 30 min class in the gym targeted at both cardio fitness full body strength.
Cardio Blast - 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 prorgams 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 worker out.
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 tensity interval workout, this fast pace class keeps you moving with minimal rest.

Wulanda Group Fitness Classes

Class Guide for Members

GROUP FITNESS PROGRAMS

Boot Camp	This intense workout is a full body cardio strength mix and will push you to achieve your goals.
Boxing	Get the heart rate pumping as we move through a combination of pad-work, cardio and boxing technique.
Core & More -30 minute class	Tighten, tone and strengthen your core muscles from every angle in this express abdominal blast!
Freestyle	Freestyle is instructors choice, could be anything from strength to cardio or both! Changing every session, this class is designed for those that want more mix with their workouts.
Functional Fit	A class designed to help you build strength, build lean muscle and improve your weightlifting technique.
Pilates	Pilates focused on building flexibility and strength. Connect breathe to inner strength to improve health and wellbeing.
LES MILLS 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.
LES MILLS 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.
Stretch & Flex - 30 minute class	A guided stretch and flexibility class designed to teach how to improve your recovery and flexibility.
HIIT (Plyo/Cardio/Strength)	A highly effective way to build your strength, speed, cardio fitness, coordination, explosive power and agility. A great way to tick so many boxes when it comes to improving every component of your fitness.