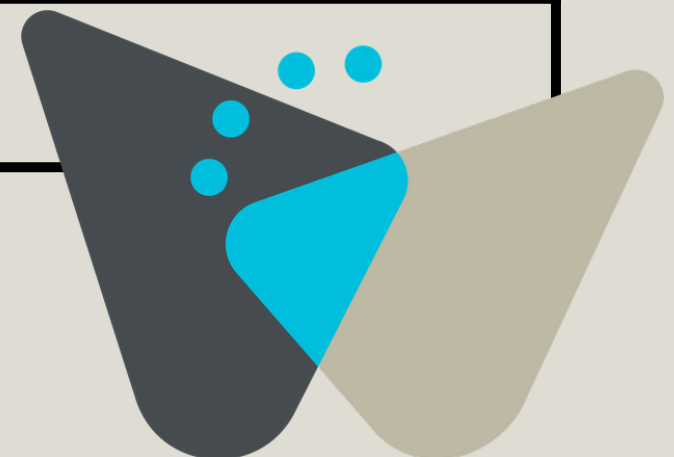


# Wulanda Group Fitness Timetable

	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				ZUMBA Level 1 Program Room		
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	<b>LES MILLS</b> BODY STEP (45min) Level 1 Program Room	<b>LES MILLS</b> BODY PUMP(45min) Level 1 Program Room	Freestyle (45min) Level 1 Program Room	ZUMBA 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	Boxing (45min) Level 1 Program Room	Aqua HIIT(45min) Warm Water Pool	Yoga (45 min) Youth Room	<b>LES MILLS</b> BODY PUMP(45min) Level 1 Program Room		





# 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.
ZUMBA	Zumba is a high-energy dance fitness program that combines Latin and international music with dance moves, creating a fun and effective workout experience.
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.
<b>LES MILLS</b> 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.
<b>LES MILLS</b> 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 tensity interval workout, this fast pace class keeps you moving with minimal rest.