



GROUP FITNESS TIMETABLE

STARTING MONDAY 29TH JANUARY

STUDIO 1	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
	5.15 AM	LES MILLS GRIT	STRENGTH OR STRAPIO	LES MILLS GRIT	STRENGTH	LES MILLS GRIT		
	6.00 AM	STRENGTH PILATES	LES MILLS EXPRESS >> BODYATTACK	STRENGTH PILATES	6.10 Hiit 30 ZONE	LES MILLS BODYPUMP		
	6.30 AM		CORE					
	7.45 AM						Hiit 30 ZONE	LES MILLS GRIT
	8.30 AM						CORE	LES MILLS BODYPUMP
	9.10 AM	LES MILLS EXPRESS >> BODYPUMP	Hiit 30 ZONE	LES MILLS BODYPUMP	Hiit 30 ZONE	LES MILLS BODYATTACK	LES MILLS BODYPUMP	
	9.25 AM							LES MILLS BODYBALANCE
	9.50 AM	STEP	STRENGTH PILATES		STRENGTH PILATES			
	10.05 AM			Hiit 30 ZONE		STRAPIO		
	10.40 AM		LES MILLS BODYBALANCE		LES MILLS EXPRESS >> BODYPUMP			
	11.15 AM	FAMILY Hiit SOLO NO INSTRUCTOR	11.45 STRENGTH SOLO NO INSTRUCTOR	FAMILY Hiit SOLO NO INSTRUCTOR	FAMILY STRADIO SOLO NO INSTRUCTOR	FAMILY Hiit SOLO NO INSTRUCTOR		
	4.45 PM	Hiit 30 ZONE						
	5.30 PM	LES MILLS EXPRESS >> BODYPUMP	Hiit 30 ZONE	LES MILLS EXPRESS >> BODYATTACK	LES MILLS EXPRESS >> BODYPUMP	Hiit SOLO NO INSTRUCTOR		
	6.05 PM	LES MILLS EXPRESS >> BODYATTACK		LES MILLS GRIT	CORE			
	6.15 PM		LES MILLS EXPRESS >> BODYPUMP					
	6.45 PM	LES MILLS BODYBALANCE		ZANCE	STRENGTH PILATES			
	6.50 PM		STRENGTH PILATES					

CYCLE STUDIO	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
	5.15 AM			LES MILLS sprint				
	6.00 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint		
	9.25 AM							LES MILLS sprint / CYCLE
	6.00 PM		LES MILLS sprint					
VIRTUAL CYCLE CLASSES COMING SOON!								

REFORMER STUDIO	TIME	MON	TUE	WED	THU	FRI	SAT	SUN
	5.15 AM	REFORMER PILATES	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
	6.15 AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	VIRTUAL	
	7.15 AM	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	REFORMER PILATES	
	8.15 AM	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	REFORMER PILATES	VIRTUAL
	9.10 AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	VIRTUAL	VIRTUAL
	10.10 AM	REFORMER PILATES	VIRTUAL	VIRTUAL	REFORMER PILATES	VIRTUAL	VIRTUAL	VIRTUAL
	11.10 AM	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
	4.30 PM	VIRTUAL	REFORMER PILATES	VIRTUAL	VIRTUAL			
	5.30 PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
	6.30 PM	VIRTUAL	VIRTUAL	VIRTUAL	REFORMER PILATES			
	7.30 PM		VIRTUAL	VIRTUAL				

CLASS DESCRIPTION

LES MILLS BODYATTACK

45 MINS - High energy, calorie-consuming, sports-inspired cardio workout which will push you beyond your limits. Designed to build strength & stamina by incorporating strong, simple moves with powerful music.
30 MINS BODYATTACK Express - If you are limited for time then try our 30min express BODYATTACK class! A sports inspired cardio workout guaranteed to push you to your limits & get results fast!

LES MILLS BODYBALANCE

45 MINS - Flexibility & strength are built using the best yoga, tai chi & pilates. This mind & body experience is unique. It focuses on controlled breathing, concentration & stretching which will bring the body into a state of harmony & balance!

LES MILLS BODYPUMP

45 MINS - The fastest way to burn body fat, tone & condition muscles, using weights that challenge all the major muscle groups. Strength training & pumping music that will inspire you to achieve great results!
30 MINS BODYPUMP Express - If you are limited for time then try our 30min express BODYPUMP class!

CORE

30 MINS - A 30min core blasting workout for all levels that focuses on toning and defining your abs, legs, glutes and back. If you are looking to strengthen & improve core stability, this class is for YOU!

DANCE

45 MINS - Shape up and let out your inner starshine with seriously hot but simple dance moves in this 45 minute dance inspired workout! Get the fat burn without the "hard work" workout, the ultimate fun way to exercise!

LES MILLS GRIT

GRIT - 30 MINS - Combining HIIT, plyometrics & the latest strength & conditioning methods, LES Mills Grit will challenge you in just 30min to give you BIG results FAST!

HIIT 30 ZONE

30 MINS - Bodyweight exercises combined with a variety of strength and cardio equipment plus the latest HIIT training techniques to set the metabolism on FIRE! This 30min workout has constantly changing work/rest intervals to challenge your cardio & strength endurance.

LES MILLS sprint

30 MINS - In just 30min SPRINT will challenge your physical and mental limits. A quick HIIT style of training that returns rapid results with minimal joint impact, pushing through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. Burning calories for hours after stepping off the bike.

STEP

45 MINS - Take on this class with the ultimate high energy cardio blast! Simple movements with an adjustable step that will leave you feeling invigorated & alive! Get into step with the cardio workout that will burn fat!

STRADIO

45 MINS - A high intensity interval training session like no other. Combining STRENGTH & CARDIO you get STRADIO! Designed to add new challenges to your workout and increase endurance, our STRADIO class takes your cardio and strength training to the next level using a variety of equipment.

STRENGTH

45 MINS - Combining strength-based exercises to get you strong! Guaranteed to push your performance to get results quick! This class caters for all fitness levels, are you up for a challenge?

STRENGTH PILATES

45 MINS - This is the workout you never knew you needed. An invigorating blend of Mat Pilates set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact, but intense way to heat up your training.

REFORMER PILATES

VIRTUAL

50 MINS - A workout that combines Reformer Pilates and strength training in the same session, which is an efficient way to boost your fitness, strength, and heart health all at the same time. A practice that combines Pilates actions that get your heart rate up with routines that are great for strengthening your muscles. Balance, alignment, core strength and muscle tone are all worked on while using the Pilates Reformer equipment.
30 or 45 MINS - VIRTUAL REFORMER PILATES - the studio experience without an inperson instructor. Our virtual instructors have extensive industry expertise and are the best in the business. They are fully certified, motivating and supportive. Book via the app. If you would like a specific class time not on the timetable please let SKY reception know and we can organise this for you. Classes will start automatically at the time booked.

FAMILY FAMILY FAMILY

HIIT SOLO NO INSTRUCTOR STRENGTH SOLO NO INSTRUCTOR STRADIO SOLO NO INSTRUCTOR

30 or 45 MINS - HIIT SOLO, STRENGTH SOLO & STRADIO SOLO (see above for class description) are our FAMILY FRIENDLY classes that give you the option to bring the kids along. These classes are without an inperson instructor. Bring your headphones and some toys for the kids and off you go. Prams are welcome. Please note these classes will start automatically at the time booked. Any questions or to request a class time please see reception.



REFORMER PILATES INFO

WHAT SHOULD I BRING TO A REFORMER PILATES CLASS?

1. Grip Socks - NO SOCKS NO PLAY

We require that all members wear grip socks for safety and sanitary purposes. You can purchase these at reception or online.

2. Water Bottle

3. Towel

WHAT SHOULD I WEAR TO A REFORMER PILATES CLASS?

No shoes are needed - but don't forget your grip socks (available at reception). Appropriate clothing is essential as you are going to work up a sweat. We recommend comfortable body hugging options such as gym tights, leggings, shorts, crop tops, tank tops or form fitting t-shirts (you want to move freely without any clothing getting in the way).

BEFORE CLASS

Please arrive 5-10 minutes early - especially if it's your first class. That way you'll have time to familiarise yourself with the reformer and meet your trainer. Please advise them at this time if you have any injuries or constraints. If you're late you might not be able to train.

FIRST CLASS?

You might feel a bit lost during your first class - you're not alone. The eureka moment usually hits by the fourth class and it all starts to click. So hang in there. You got this.

The magic of the reformer is a newbie can train next to an athlete and you'll both be getting an awesome workout. Adjust your springs to get the intensity that's right for you.

RUNNING LATE CAN I ATTEND?

All of our classes include a warm up and a cool down. If you are more than 5 minutes late to your class then you may not be able to join, and your Trainer may turn you away from the class.

CLASS FULL, BUT YOU'RE KEEN FOR A SPOT?

If you're unable to book in because the class is full, register yourself on the waitlist and when a spot becomes available, you'll be notified via email and automatically booked into the class.

If you're on our waitlist, please ensure you check your email for your class confirmation.

If you've changed your mind, or are no longer available to attend the class time you're waitlisted on, it's important that you remove yourself from the waitlist online or via the app with as much notice as possible.

Once you have been automatically confirmed in the class from the waitlist, our 12-hour cancellation policy applies (see below).

IT'S EASY TO UPDATE YOUR BOOKING

To cancel a class booking or waitlist you will need to unreserve the class online or via the app. This is by far the quickest and easiest way to cancel. If you have any question about our cancellation or waitlist policies please contact the gym on 5174 2111.

CANCELLATIONS

WE DON'T WANT YOU TO MISS OUT ON CLASSES

We want to ensure you get the most out of your membership or class pass. That's why it's really important that you're across our cancellation and waitlist policies, so you never have to miss out on a class.

NEED TO CANCEL?

No problems, life happens. To cancel a booking, you'll need to notify us at least 12* hours prior to the commencement of the class. This is as simple as going into your app and cancelling the class.

NEED TO CANCEL LESS THAN 12 HOURS BEFORE CLASS?

That's OK too. If you cancel within 12-hour cancellation window, we'd really (really) appreciate you still cancelling out of the class, so another member can join in.

* Cancellations made with less than 12 hours' notice will incur the full cost of the classes booked for a 10 class pass or a \$10 penalty fee for memberships.

Please call the gym on 5174 2111 or inbox us if there are extenuating circumstances that have caused you to cancel within 12 hours of your class i.e. illness.