

# ROAR 247 FITNESS **BIBRA LAKE**

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## ROAR FITNESS 247 GROUP FITNESS TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.50AM	GRIT STRENGTH SPINNING	BOOT CAMP	GRIT STRENGTH LES MILLS RPM	LES MILLS BODYPUMP	BOOT CAMP LES MILLS RPM		
8.00AM						GRIT STRENGTH	
8.30AM					YOGA	BOOTY CAMP LES MILLS RPM	SPINNING
9.00AM	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	BOOT CAMP
9.20AM			LES MILLS BODYPUMP				
9.30AM	LES MILLS BODYPUMP LES MILLS RPM	BOOTY CAMP SpinFit ZUMBA fitness	LES MILLS RPM	HITSTEP SPINNING	LES MILLS RPM LES MILLS BODYPUMP	LES MILLS BODYPUMP	
10.00AM							LES MILLS BODYBALANCE
10.30AM	pilates	TAI-CHILL	Barre	pilates			
10.40AM					LES MILLS BODYBALANCE	pilates	
11.00AM			YOGA				
11.40AM	DANCE LIFE					ZUMBA fitness 30mins	
12.10PM			DANCE LIFE			Barre	
5.00PM	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	HIIT <small>High Intensity Interval Training</small>	YOGA	YOGA
5.30PM	LES MILLS BODYPUMP LES MILLS RPM	LES MILLS BODYCOMBAT	GRIT STRENGTH LES MILLS RPM	LES MILLS BODYPUMP			
6.00PM	HIIT <small>High Intensity Interval Training</small>	ALL AGES SPINNING	HIIT <small>High Intensity Interval Training</small>		ZUMBA fitness		
6.30PM	BOXING X-TRAIN LES MILLS BODYBALANCE	LES MILLS BODYPUMP		ZUMBA fitness			
7.00PM			pilates				
7.30PM		YOGA					

**BRING A FRIEND FOR FREE  
TO YOUR FAVOURITE CLASS  
SPEAK TO A FRIENDLY  
TEAM MEMBER TODAY**

# GROUP FITNESS CLASS DESCRIPTION

	A pre-choreographed, endurance based, full body weight training workout focusing on low weight and high repetition movements, burn fat, gain strength and quickly produce lean body muscle conditioning. <b>60 Mins</b>
	This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. <b>60 Mins</b>
	Pre-choreographed bike class that takes you through a mix of terrain including hills, speed work and interval training. All ages version includes suitable variations for younger or older ages. <b>45 Mins</b>
	A freestyle bike class during which the instructor will take you through their own journey of climbing, racing, interval training. <b>60 Mins</b>
	Spin fit is high intensity interval training class which combines bike with cardio and muscle toning exercises. <b>45 Mins</b>
	A short, sharp workout combining weightlifting and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power. <b>30 Mins</b>
	Set your metabolism into overdrive. A short sharp intense workout that includes cardio/ strength intervals conducted on the gym floor. The best 30mins you can spend at the gym! <b>30 Mins</b>
	This class works to gently align the body, improve posture, strength, flexibility and helps calm the mind. Harmonizing mind, body and breath the class is suitable for all levels with options for the more advanced. The class concludes with a relaxation meditation component. <b>60 Mins</b>
	A mixture of Yoga, Tai Chi and Pilates, which builds flexibility, core strength and posture. Controlled breathing, moves and poses choreographed to music create a holistic workout. <b>60 Mins</b>
	A specialised mat-class that improves core stability, abdominal and back strength, flexibility and postural alignment. Mats, bands, balls and pilates rings are utilised. <b>60 Mins</b>
	A group exercise class set to authentic boxing moves and drills. Generally six, 3 minute rounds with a partner. Using boxing drills and various fitness combinations to increase cardiac output and strength. Hard paced training with options if needed; it really is the class for everyone. <b>60 Mins</b>
	The name says it all! A workout that is easy to follow, yet always a challenge. In & outdoors training that combines hard-core boot camp and military drills. Meet at the Group Exercise room. <b>60 Mins</b>
	The Tai Chill program is an easy to follow sessions using movements based on traditional Tai Chi, Chi Kung, and Zen concepts, while focusing on building flexibility, strength and balance. <b>60 Mins</b>
	Zumba is a latin-inspired dance fusion class that is a great way to keep fit. <b>60 mins</b> <b>Note: Saturday morning 11.40am class is 30 min only</b>
	Designed for people over 50, exercise beginners or people with physical limitations; it is a fun and safe dance class where you can interact, get fit and go at your own pace. <b>60 Mins</b>
	An intense 30 minute workout aimed at toning, shaping and strengthening the butt and thighs. <b>30 Mins</b>
	Drawing from the principles of Pilates, the grace of dance and the body sculpting benefits of traditional interval strength training, Barre helps you develop dynamic strength, endurance, balance as well as flexibility. Balls, hand weights and the barre are utilised. <b>30 mins</b>
	HIITSTEP is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a STEP. It has been developed using the expertise and experience from those that have competed for and worked with Team GB. Designed to bespoke soundtracks that have been created by some of the UK's top House DJs, HIITSTEP is a high energy class that pushes you to NEW limits. <b>30 mins</b>