

VIRTUAL GROUP FITNESS TIMETABLE – January 2019 | Book online via Warrior Web or www.mq.edu.au/sport-groupfitness

VIRTUAL CLASS SCHEDULE						
	MON	TUE	WED	THU	FRI	SAT / SUN
6:00AM	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE	FITNESS ON DEMAND	LESMILLS BODYPUMP	POWER STEP	WEEKEND FITNESS ON DEMAND
6:15AM						*Enquire and book at front desk or phone 9850 7636
7:00AM	LESMILLS BODYPUMP	LESMILLS CXWORX	POWER STEP	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE	
8:30AM	POWER STEP	FITNESS ON DEMAND	LESMILLS BODYCOMBAT	FITNESS ON DEMAND	LESMILLS BODYPUMP	
9:30AM	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	FITNESS ON DEMAND	LESMILLS SH'BAM	LESMILLS BODYCOMBAT	
10:30AM	LESMILLS BODYCOMBAT	LESMILLS SH'BAM	LESMILLS BODYBALANCE	FITNESS ON DEMAND	LESMILLS CXWORX	
11:30AM		LESMILLS CXWORX		LESMILLS BODYBALANCE		
12:00PM		FITNESS ON DEMAND				
12:30PM				LESMILLS CXWORX	LESMILLS BODYCOMBAT	
1PM			LESMILLS BODYPUMP			
2PM		FITNESS ON DEMAND		FITNESS ON DEMAND	FITNESS ON DEMAND	
3PM	FITNESS ON DEMAND	FITNESS ON DEMAND		FITNESS ON DEMAND	FITNESS ON DEMAND	
5PM						
6PM						
7PM						
7.45PM			LESMILLS BODYPUMP			
8.30PM			LESMILLS CXWORX			
9.00PM			LESMILLS BODYBALANCE			

VIRTUAL CLASS DESCRIPTIONS	
LESMILLS BODYPUMP	This workout challenges all the major muscle groups of the body by using weight room exercises like squats, presses, lifts and curls. BODYPUMP™ has strong calorie and fat-burning effects to improve aerobic fitness, muscular strength and endurance.
LESMILLS CXWORX	This 30 minute core training workout hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.
LESMILLS BODYCOMBAT	This high-energy martial arts workout targets your legs, arms, back and shoulders and provides core training. BODYCOMBAT™ combines non-contact kicking and punching with functional training moves designed to improve speed, fitness and agility, whilst rapidly burning calories.
LESMILLS BODYBALANCE	A yoga-based class with elements of Tai Chi and Pilates that will improve your mind, your body and your life. This vitality-boosting program can help reduce body fat, increase core strength and improve flexibility to beautifully selected music.
LESMILLS SH'BAM	A fun-loving, insanely addictive dance workout. No experience required in this ego-free zone. With interval training peaks, you'll increase fitness, improve dance coordination and learn hot new dance moves. You'll forget you're even working out!
POWER STEP	An energizing workout that uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.
FITNESS ON DEMAND	FITNESS ON DEMAND timeslots allow you to select a workout of your choice from over 200 Virtual classes available, Book the timeslot online or at the front desk and select a class from the iPad kiosk outside the Courtyard Studio.
WEEKEND FITNESS ON DEMAND	*All day ON DEMAND options on the weekend. Check studio availability at the front desk or call 9850 7636. Enquire and book a one hour timeslot at the front desk, up to two days prior. Then check-in upon arrival and select your workout of choice from the Courtyard Studio iPad kiosk.

Les Mills BODYPUMP™, CXWORX™, BODYCOMBAT™, BODYBALANCE™, SH'BAM™ are presented by international Master Trainers. These programs are pre-choreographed to fun and inspiring music and moves. Ideal for anyone looking to try Group Fitness classes for the first time then integrate to live classes with one of our highly experienced and approachable Group Fitness Instructors.

Virtual class durations range from 30 to 60 minute. Please check class schedule and make bookings online via the Group Fitness Webpage www.mq.edu.au/sport-groupfitness