# Arena Gym Group Fitness Timetable

arena gym

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 5.45am | | LesMills RPM<br>Nicolette | | LesMills RPM<br>Nicolette | | | |
| 8.30am | | | | | | LesMills BODYSTEP<br>Krysia | LesMills BODYPUMP<br>Diana |
| 9.30am | LesMills BODYPUMP<br>Lou | LesMills BODYSTEP<br>Krysia | LesMills BODYPUMP<br>Lou | | LesMills RPM<br>Lou | LesMills RPM<br>Lou 9.40am | LesMills BODYBALANCE<br>Rose |
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| 5.30pm | LesMills BODYSTEP<br>Donna | LesMills BODYBALANCE<br>Rose | LesMills RPM<br>Lou | LesMills BODYPUMP<br>Diana / Donna | | | |
| | | | | | | | |
| 6.35pm | | | | LesMills BODYBALANCE<br>Petra | | | |

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| LESMILLS BODYBALANCE | **BODY BALANCE** is the Yoga, Tai Chi, Pilates workout that will leave you feeling centered and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility as you create a holistic workout, bringing the body into a state of harmony and balance. |
| LESMILLS BODYPUMP | **BODYPUMP** is the original barbell class that shapes, tones and strengthens your entire body. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. Great music, awe-some instructors and your choice of weight, get the results you are looking for - and fast! |
| LESMILLS BODYSTEP | **BODYSTEP** is the energising step workout to make you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. |
| LESMILLS RPM | **RPM** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. BOOKINGS ARE ESSENTIAL AT FRONT GYM RECEPTION & CAN BE MADE UP TO 7 DAYS IN ADVANCE. |
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**Casual Group Fitness Class Price:**
$8 per class

**Contact us:**

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