

GESAC HEALTH CLUB GROUP EXERCISE TIMETABLE

Commencing Monday 7 September



For bookings & the most accurate timetable, please refer to the member portal.

STUDIO WONDER		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	BodyPump	BodyPump	BodyPump	GELFit Strength	BodyPump		
	7am	Virtual BodyAttack	Virtual BodyPump	Virtual BodyCombat	Virtual Les Mills Core		BodyPump (7.30am)	
	8am			Activate Strength				
	8.25am	Activate Strength	Zumba Gold		GELFIT Strength	Activate Strength		
	8.30am						BodyAttack	Les Mills Tone
	9.25am	BodyPump	BodyPump	Dance	BodyPump	Tummy, Hips & Thighs		
	9.30am						BodyCombat	Les Mills Strength Development
	10.30am	Zumba	Activate Strength (10.45am)	Core	Activate Strength		BodyPump	BodyPump
	12pm	Virtual BodyPump	Mums & Bubs	Virtual BodyPump	Virtual BodyCombat		Virtual BodyAttack	Virtual BodyPump
	1pm					Virtual BodyPump	Virtual Body Balance	Virtual Body Balance
	4pm	Virtual BodyPump	Virtual BodyAttack	Virtual Body Balance		Virtual Body Balance	Virtual BodyPump	Virtual BodyAttack
	5pm		X-Training			Virtual BodyPump	Virtual Les Mills Core	Virtual Les Mills Core
	6pm	BodyPump	BodyCombat	BodyPump	Body Attack	Zumba	Virtual Sh'bam	Virtual BodyCombat
	7pm	Dance	Dance	BodyStep	Strength Development			

STUDIO TWO		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.10am	Vinyasa Flow Yoga ☀️	Mat Pilates	Hatha Yoga ☀️	Vinyasa Flow Yoga ☀️	Mobilise ☀️		
	7.30am		Mobilise (7.05am)				Vinyasa Flow Yoga ☀️	
	8.30am	Qigong		Qigong	Mat Pilates (8am) ☀️	Les Mills Shapes	Tummy Hips and Thighs	Vinyasa Flow Yoga
	9.25am	Vinyasa Flow Yoga	Mat Pilates	Beginners Yoga	Restore/Sound ☀️	Les Mills Pilates		
	9.30am						Mat Pilates	Mat Pilates
	10.30am						Vinyasa Flow Yoga	
	10.40am	Beginners Yoga	Vinyasa Flow Yoga	Yin Yoga	Vinyasa Flow Yoga	Vinyasa Flow Yoga	Mobilise (11.30am)	
	12.30pm	Chair Exercise (1.15pm)				Chair Pilates		
	5pm			Vinyasa Flow Yoga				
	6pm	Vinyasa Flow Yoga	Vinyasa Flow Yoga	Mat Pilates	Mat Pilates	Yin/Meditation (75min) ☀️		
	7pm	Vinyasa Flow Yoga	Beginners Yoga ☀️	Restorative Yoga ☀️	Mat Pilates ☀️			
	8pm	Yin/Restore Yoga ☀️	Restorative Yoga ☀️	Yoga Nidra ☀️	Restorative Yoga ☀️			

☀️ Classes with a sun are Heated Classes.
During Heated Classes, infrared panels heat the studio to 25-27 degrees.

BIKE LAB		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Cycle	The Trip	RPM	Cycle	Sprint		
	7am	Virtual Trip	Virtual Sprint	Cycle	Virtual RPM	Virtual RPM		
	7.30am						Cycle	Cycle
	8.25am	RPM	The Trip				The Trip (8.30am)	RPM (8.30am)
	9.25am	Cycle	RPM	Cycle	Cycle	Cycle		
	9.30am						RPM	The Trip
	12pm	Virtual Trip	Virtual RPM	Virtual Sprint	Virtual Trip	Virtual RPM		
	4pm	Virtual Sprint	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual RPM	Virtual Trip
	5pm	Virtual Trip	Virtual RPM	Virtual Trip	Virtual RPM	Virtual Trip	Virtual Trip	Virtual RPM
	6pm	RPM	Cycle	Cycle (6.30pm)	The Trip			
	7pm	Virtual Trip	Virtual Sprint	Virtual Trip (7.30pm)	Virtual Sprint			

TRAINING ZONE		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Functional Strength	HIIT	Functional Strength	Bootcamp*	Functional Strength		
		Boxing*		Bootcamp*			Run It Back*** (7am)	
	7am				HIIT		Bootcamp* (7.05am)	
	8.30am		HIIT			HIIT	Functional Strength	Functional Strength
	9.30am	Functional Strength	HIIT	Functional Strength	HIIT	HIIT	HIIT	HIIT
	10.30am		Activate Functional Strength			Activate Functional Strength		
	12pm	HIIT		Functional Strength				
	5.30pm			HIIT				
	7.05pm	HIIT	Functional Strength		Functional Strength			

* These classes are held in GESAC Stadium *** GEL's Run Club is offsite, refer to member portal



AQUA FITNESS		MON	TUES	WED	THURS	FRI	SAT	SUN
	6am	Swim Fit		Swim Fit				
	7.10am						Aqua Fitness	
	7.30am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
	8.25am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
	9.20am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
	11.45am	Aqua Pilates	Aqua Pilates		Aqua Pilates			
	6pm					TEEN Swim Fit		
	7pm			Swim Fit				
	7.15pm	Aqua HIIT		Aqua HIIT				

GROUP EXERCISE CLASS DESCRIPTIONS

STUDIO WONDER PROGRAMS

Activate Circuit 45mins A strength and cardio circuit specifically designed for older adults of all fitness levels.	Les Mills Core 30mins/45mins Previously named Cxworx, this cutting edge core training is designed to challenge your entire core unit – posterior chain, abdominals, obliques and more.
Activate Strength 45mins Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	Les Mills Sh'Bam 45mins Featuring simple but seriously hot dance moves. Suitable even if you are dance-challenged.
Dance 45mins A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, co-ordination, flexibility, and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.	Les Mills Tone 45mins Combining High Intensity Interval based cardio (HIIT) with Strength and Core training, this class will get you results fast.
Les Mills BodyAttack 55mins/45mins Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	Tummy, Hips and Thighs 45min A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
Les Mills BodyCombat 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	Zumba 55mins Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants. Zumba Gold is similar but at a lower intensity for older adults.
Les Mills BodyPump 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.	Les Mills Strength Development 45mins Progressive strength training class that utilises integrated training blocks to improve muscular strength, hypertrophy and power. Movements are slow and controlled, so you have time to get the technique right. You choose your own weights, making it suitable for beginners as well as more experienced participants. The music helps keep you motivated while you train at your own pace.
Les Mills BodyStep 55mins An energising step workout including adjustable step height and simple moves will push fat burning systems into high gear.	Mums & Bubs Post-partum friendly exercises. Babies under 12 months welcome.
Les Mills Shapes 55mins/45mins An exciting new Les Mills launch blending Pilates, Barre, and Power Yoga, set to modern beats. Get ready to invigorate your mind and body.	

BIKE LAB PROGRAMS

Cycle 45mins An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.	Les Mills The Trip 45mins A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this immersive fitness workout takes motivation and energy output to the next level, burning serious calories. *Lighting and visual effects may cause motion sickness if you are sensitive. Please note The Trip contains effects that may affect people suffering from photo-sensitivity and motion sickness.
Les Mills RPM 45mins Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs.	
Les Mills Sprint 30mins High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalised coaching with intervals of strength, speed and power will push you to the max.	

AQUATIC PROGRAMS

Aqua Fitness 45mins A fun, energetic cardio workout in the indoor 25 metre pool. **	Aqua HIIT 30mins More physically challenging than Aqua Fitness, Aqua HIIT is a High Intense Interval Training class a style that uses hard exertion followed by less intense recovery periods.
Aqua Pilates 45mins Combining pilates techniques with aqua exercise. Improve your core strength, posture and joint mobility in the hydrotherapy pool.	Hot Aqua 55mins Conducted in the warm Wellness Pool, combining slower paced aqua exercise with the benefits of warm water exercise to improve mobility and movement.
Swim Fit 60/90mins You will learn about pacing, stroke strength, stroke rate and open water skills. Regular time trials will help you gauge improvement.	

STUDIO TWO PROGRAMS

Beginners Yoga 50mins This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	Qigong 45mins A gentle & restorative exercise therapy incorporating a variety of low impact movements with stillness & some meditation. The purpose of the practice is to release tension - physical, mental & emotional.
Hatha Yoga 50mins/55mins Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses (asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength.	Restorative Yoga 50mins/75mins A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.
Les Mills BodyBalance 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	Tai Chi 45mins Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing.
Mat Pilates 45mins/55mins Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **	Tummy, Hips and Thighs 45mins A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness levels and excellent as a post and prenatal exercise option.
Meditation 30mins Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.	Vinyasa Flow Yoga 50mins/55mins Vinyasa Flow Yoga follows a series of flowing poses that connect breath with body and movement. Typically a stronger and more intense practice it is recommended to have participated in Beginners or Flow Yoga before attending this class.
Heated Mobilise 45mins Designed to improve your range of motion and flexibility, while improving your strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.	Yin Yoga 50mins/55mins A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.
Heated Mat Pilates 45min/55mins Heated Mat Pilates is a challenging full body workout designed to strengthen muscles using the Pilates principles. As the name suggests, is taught in a heated space and it's going to make you sweat- a lot.	Chair Pilates 45mins A modified form of Pilates that can be performed while seated on a chair or using a chair for support when doing standing exercises. This class improves core strength, mobility, balance and posture. It is ideal for beginners or older adults with limited mobility.
Heated Yin/Meditation 75mins This is a combination of our Yin Yoga and Meditation classes.	Yoga Nidra 30mins Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.

TRAINING ZONE PROGRAMS

Functional Strength 45 mins An introduction to strength training covering basic principles, benefits, and key movements. Each class targets your full body and builds comfort with the barbell. You'll learn functional movements to enhance your everyday mobility.	Bootcamp 45 mins Bootcamp integrates the most effective aspects of cardio and functional strength training. Expect a training session which will include a series of high and low intensity exercises, utilising timed intervals that will combine free weights, plyometrics, cardio conditioning, and balance training.
Boxing 45 mins An intense boxing based class that uses HIIT - High Intensity Interval Training. You will give all your effort through quick, intense bursts of exercise followed by short recovery periods. BYO gloves, wraps and focus pads.	Run It Back - Offsite Class Whether you're chasing a new PB or just looking to improve your fitness, Run Club is the perfect way to build your endurance, boost your cardiovascular health, and enjoy the motivation of a group environment. Sessions include a mix of intervals, technique drills, and steady runs tailored to suit all fitness levels. Expect support, good vibes, and a serious endorphin hit!
HIIT 45 mins Experience interval-based training that pushes your limits followed by recovery. HIIT is proven to deliver fast results. Your trainer will guide you to work hard and train smart.	

VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Cycle Studio, Mind and Body Studio and Group Fitness Studio One. Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up. Please ask staff for assistance if needed.

** PREGNANCY SAFE CLASSES



Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.