

Group Fitness Timetable

November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30					FCT	
5:45	meta PWR		FCT			
7:00						meta PWR
7:30						TRX
8:00			active 50	YOGA		
8:30					CYCLE 45mins	45 mins
9:00	PUMP EXPRESS CYCLE 45mins	KiMax	LES MILLS CORE Meditation 30 mins CYCLE 45mins			CYCLE 45mins
9:15				TRX		
9:30	Gentle Yoga		ZUMBA fitness			
10:00						
10:30	PILATES 45mins		BARRE 45mins			
11:00		YOGA			YOGA 10:45AM	
4:15			Beginner's Boxing			ALL CLASSES NEED TO BE BOOKED TO SECURE YOUR SPOT
4:30		Beginner's Kickboxing				
5:00	metafit Thai Boxing	Thai Boxing	Thai Boxing	Thai Boxing	meta PWR	
5:30	LES MILLS CORE	CYCLE 45mins	CYCLE 45mins	LES MILLS CORE		
6:00	CYCLE 45mins					
7:00	BARRE 45mins					
7:45	PILATES 45mins					

Legend

MIND BODY

CYCLE

BOXING

GROUP FITNESS

all sorts gym wyong

4352 3811

141 Alison Road, Wyong

@allsortswyong

/allsortsfitnesswyong





A power circuit class using functional equipment and exercises to work muscle and boost metabolism.



Metafit is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible.



FCT is a combination HIIT, Task and timed based training routines. Focusing on Human body's everyday movement and sports specific movements.



TRX is a method of bodyweight exercise performed with a suspension cable. Safely perform hundreds of exercises that help build power, strength, flexibility, balance and mobility.



Practicing YOGA helps bring strength, flexibility, openness, enhanced vitality and an ability to focus in the present.



CORE (fmly CXWorks) - inspired by elite athletic training principles CORE is a scientific core workout for incredible core tone and sports performance. Building strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention.



BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. Combining athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats.



BODY STEP is the energizing step workout that makes you feel alive. Using a height adjustable step and simple movements on, over and around the step, this class is very effective.



BODY PUMP is the ideal class for muscle conditioning, shaping, toning and for increasing strength, stamina and bone density.



ZUMBA is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosting energy.



Dynamic fusion of ballet, Pilates and fitness with special attention to the legs, butt and arms.



KiMax is a kick boxing style HIIT class, structured into rounds, using simple dynamic movements with free standing bags. No previous experience required!



PILATES is a great method for developing and strengthening core & lower back muscles. Pilates improves posture, balance, mobility & stability.



BODYJAM is a cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles & hottest new sounds.



CYCLE focuses on a mix of endurance, strength, intervals, high intensity and recovery tracks and is proven to burn lots of calories.



Meditation - Calm your mind, settle your body and find a softer focus to your day



Essential if new to Boxing, a younger member or needing to up-skill before moving to Novice Class. Focus is on correct stance and punching techniques



Essential if new to Kick-boxing / Muay Thai, or needing to up-skill before moving to Thai Boxing Class. Focus is on kicking techniques.



Learn Boxing technique and drills under the watchful eye of Matt Cashmore and his team. A mixture of boxing, kickboxing and Muay Thai. A great Novice to intermediate class.