

# GROUP FITNESS TIMETABLE

\*Please check in for all group fitness classes.

\*Please arrive on time. Late arrivals may see you turned away from the class.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 am	<b>Pilates</b> 45 minutes	<b>Yoga Functional Flow</b> 45 minutes	<b>Box H.I.I.T</b> 45 minutes		<b>RPM</b> 45 minutes
12 pm	<b>Functional Training</b> 45 minutes	<b>Functional Training</b> 45 minutes	<b>RPM</b> 45 minutes	<b>H.I.I.T Pilates</b> 45 minutes	<b>15 - Cardio</b> <b>15 - Core</b> <b>15 - Strength</b> 45 minutes
4:45 pm	<b>BoxFit</b> 45 minutes		<b>Zumba</b> 45 minutes		

## BOXFIT

Old-school circuit training meets boxing in this high-energy, station-based workout. You'll rotate through exercise stations focused on elements of boxing, cardio bursts, and strength moves – all designed to build power, endurance, and grit.

**Best done in pairs**, so grab your mates and get ready to punch, sweat, and push each other through every round. No experience needed – just bring the energy!

## BOX H.I.I.T

Cardio workout based on boxing drills, focusing on increasing your fitness and burning calories.

## FUNCTIONAL TRAINING

This class uses kettle bells, ropes, TRX and weights providing you with an intense all over body workout.

## H.I.I.T PILATES

H.I.I.T Pilates is a fusion style class that gives you a HIIT workout but is based on Pilates principles. It's high intensity but low impact so the heart rate will be up, but it is easy on the joints. A great combination for strength, flexibility and cardiovascular health!

## PILATES (MAT)

Mat Pilates utilises your body weight to strengthen your muscles, improving posture, coordination, balance and reduces injury risk.

## RPM™

An indoor cycling class designed to develop aerobic capacity and burn up to 800 calories in 45 minutes.

## YOGA - FUNCTIONAL FLOW

Balance your training through breath and movement. This class helps ease tightness, build mobility, and restore energy to boost recovery, focus and resilience. Suitable for all levels, this class offers options and guidance so everyone can move at their own pace.


## ZUMBA

Latin-inspired aerobic dance workout that's all about having fun.

## 15-15-15

15-15-15 is a flexible H.I.I.T-style class that gives you the option to drop in at any 15 minute interval. Join for a quick 15 minutes or stay for the full 30-45 minutes.

For more information [griffith.edu.au/group-fitness](https://griffith.edu.au/group-fitness)

 Nathan Fitness Centre (N11)

