

STUDIO 568 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Childcare Hours Monday to Friday: 8.30am – 11.30am Monday Evening: 4:30pm - 7:30pm Saturday: 8.00am -11.30am Pool Hours Monday til Friday: 7:30am - 7:00pm Saturday 7:30am – 4:00om	
						SATURDAY	SUNDAY
6:00am		<i>Banne</i> STUDIO 568					
7.00am			<i>Premium Pilates</i> <i>Julie Holt</i> PILATES			<i>Banne</i> STUDIO 568	
9.00am			<i>Premium Pilates</i> <i>Julie Holt</i> PILATES			<i>Premium Pilates</i> <i>Julie Holt</i> PILATES	
4.30pm				<i>Premium Pilates</i> <i>Julie Holt</i> PILATES	<i>Yoga</i> STUDIO 568		
5:30pm		<i>Mat Pilates</i> STUDIO 568	<i>Banne</i> STUDIO 568	<i>Mat Pilates</i> STUDIO 568			
6:30pm	6:00pm <i>Premium Pilates</i> <i>Julie Holt</i> PILATES		<i>Yoga</i> STUDIO 568	<i>Boxing</i> STUDIO 568	<i>Boxing</i> STUDIO 568		



Premium Pilates



Premium Pilates classes are supervised sessions in our reformer studio. See reception today to check if your membership includes this!

BODYPUMP

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Great music and your choice of weight will help you get the results you came for – fast!

BODYSTEP

An energising workout that pushes fat burning systems into high gear and helps shape and tone your body. With friendly instructors and using a height-adjustable step with movement on, over and around, you can get huge motivation.

BODYCOMBAT

The empowering cardio workout. This energetic program is inspired by martial arts. It draws from many disciplines including Karate, Taekwondo, Tai Chi and Muay Thai. Powerful instructors and music will help you punch, kick, and kata your way to superior cardio fitness.

BODYATTACK

The sports inspired cardio workout to build strength and stamina. This class uses high-energy interval training, aerobic movements and strength and stabilization techniques. This class caters to all fitness levels.

SH'BAM

A dance class to give you a taste of everything, with simple but seriously hot dance moves! Shape up and let out your inner star, even if you are dance challenged. This class is the ultimate way to have fun and be sociable when exercising.

BODYBALANCE

Using yoga, tai chi and pilates, this workout builds flexibility and strength. It uses controlled breathing and concentration, with structured series of moves and poses to create a holistic workout to bring your body into harmony and balance.

LES MILLS FOR A FITTER PLANET

RPM

Find your rhythm in a cardio peak cycling workout that delivers maximum results with minimum impact on your joints. RPM tunes you in to great music and takes you on a journey of hill climbs, sprints and flat riding.

SMALL GROUP TRAINING CLASSES

Exclusive to CBJ the Health Club



Mat Pilates

STUDIO 568

Mat pilates is done on the floor using a yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. Excellent for working the inner and outer thighs, as well as strengthening the back, hamstrings, and glutes.



Premium Pilates

Julia Holt

Takes traditional Pilates to another level by combining it with the knowledge and experience of a highly skilled therapist. Our Pilates exercises are designed to be safe and progressive while retaining the buzz of cardio intensity you enjoy from training in the gym while developing and toning long, lean muscles.



Yoga

STUDIO 568

Yoga class moves actively through a series of poses using the power of inhaling and exhaling. It brings both mental and physical benefits. You'll rid your body of toxins, build strength, reshape your body, improve flexibility, and endurance.



Booty Band

STUDIO 568

Using a combination of resistance bands and strength training to help you sculpt and tone your glutes, thighs and calves. A fun and rewarding class!



Barre

STUDIO 568

A combination of pilates, yoga and ballet which promotes muscle strength and good posture. Come along and have a bit of fun as we shake that booty and work up a sweat!



HIIT

MAIN STUDIO

High-intensity interval training. Short, sharp, intense workout to get you fitter, faster. The afterburn effect will have you burning calories for hours after you train.



Boxing

STUDIO 568

Efficient, high intensity whole body workout focusing on balance, power output and technique. Excellent way to maximise your body's full potential! All fitness levels welcome!



Aqua

SWIMMING POOL

Held in our 25m heated pool, Aqua is a fun and social workout with a variety of movements. Due to its non-impact environment it is ideal for non-swimmers and rehabilitation.