

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am	GRIT (30)	PUMP (45)	GRIT STRENGTH (30)	CORE (30)	RPM (45)
6:15am	RPM (45)	RPM (45)	RETRO RIDE (45)	RETRO RIDE (45)	KI MAX (45)
6:15am	PSC (45)		KI MAX (45)	PSC (45)	

8:40am					ATTACK (30)
9:20am	COMBAT (55)	PUMP (60)	GRIT CARDIO (30)	PUMP (60)	PUMP (30)
	RPM (45)	PBOX (45)	PSC (45)	PBOX (45)	PSC (45)
9:50am					CX (30)
10:30am	BALANCE (55)	CX (30)	BALANCE (55)	CORE (30)	YO (45)
11:00am		LOW IMPACT BOOTCAMP (45)		LOW IMPACT BOOTCAMP (45)	
12:15pm	PUMP (45)			RPM (45)	

4:10pm		PUMP (30)	RPM (30)		RPM (30)
4:50pm	ATTACK (30)	STEP (30)	ATTACK (30)	GRIT STRENGTH (30)	PUMP (30)
			YO/REM (30)		
5:00pm	ELECTRO RIDE (45)		RPM (45)	GLIDE (30)	
			GLIDE (30)		
5:20pm	CX (30)	GRIT (30)	STEP (30)	CORE (30)	YO (30)
5:45pm	PSC (45)	KI MAX (45)	KI MAX (45)	KI MAX (45)	
6:00pm	PUMP (60)	ATTACK (55)	PUMP (60)	COMBAT (55)	BOOTCAMP (45)
		RPM (45)		RPM (30)	
		YO STRETCH (30)			
7:00pm	YO/REM (30)	CORE (30)	BALANCE (45)		

now with **LES MILLS**
SMART TECH

50 Glen Dhu St, South Launceston 7250
(03) 6343 0622 - admin@pycsam.com.au

	Saturday	Sunday
7:15am	RPM (45)	
7:30am	PSC (45)	
8:15am	ATTACK (55)	
8:30am	PSC (45)	RPM (45)
8:45am		GRIT CARDIO (30)
9:30am	PUMP (60)	PUMP (60)
	GLIDE (30)	
10:30am	YO (45)	BALANCE (45)
	KI MAX (45)	KI MAX (45)



Facility opening hours:

M-Thu 5:45am-9:00pm

Fri 5:45am-7:30pm

Sat 7:00am-5:00pm

Sun 8:00am-5:00pm

Child minding availability:

M-Thu 9:00am-1:30pm, 3:45pm-7:15pm

Fri 9:00am-1:30pm, 3:45pm-6:15pm

Sat 8:00am-1:30pm

Sun 8:30am-11:30am

Class Timetable from: 01/02/2020

Category	Programme	Description	Min	Intensity	Results
Cardio	ATTACK	Les Mills BODYATTACK is a high-energy fitness class with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	55, 30	High	Improves agility, coordination, strength and endurance
Flexibility Core	BALANCE	Les Mills BODYBALANCE is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.	55, 45	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Strength Cardio	BOOTCAMP	You're always guaranteed to get something different every time you attend. Catering to all fitness levels, BOOTCAMP is a great way to challenge yourself at your own pace and intensity.	45	Moderate to High	Rapidly improve strength Increased fitness levels
Cardio	COMBAT	Les Mills BODYCOMBAT is a martial arts-inspired full body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.	55	High	Tones & shapes, builds self-confidence, increases endurance
Core	CORE	Designed around the bosu dome, CORE is a functional strength & flexibility full body workout that focuses on strengthening the abdominal & back muscles whilst on an unstable surface.	30	Low to Moderate	Improve core and back strength. Improve stability and balance.
Core	CX	Les Mills CXWORX provides the vital ingredient for a strong body while chiselling your waist line. A stronger core makes you better at all the things you do.	30	Moderate to High	Improve functional strength for mobility & injury prevention
Cardio	ELECTRO RIDE	You will feel like you're in a nightclub in ELECTRO RIDE, the workout is hidden amongst the pumping beats of modern and electronic music whilst on a stationary bike.	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	GLIDE	The joint-friendly non-impact jog & running workout that includes upper body strength & conditioning, GLIDE utilises the e-glide cross-trainer.	30	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Strength Cardio	GRIT	Les Mills GRIT is a high-intensity interval training workout. This workout uses any combination of a barbell, weight plates, bench or no equipment at all. GRIT C = Cardio and GRIT S = Strength.	30	High	Get fit fast, rapidly improve strength, increase lean muscle
Cardio	KI MAX	No co-ordination needed boxing/kickboxing & conditioning program using free-standing bags. MMA or kickboxing gloves are required. KI MAX will make an impact on your training!	45	Moderate to High	Tones & shapes, builds self-confidence, increases endurance
Strength Core	LOW IMPACT BOOTCAMP	A fantastic way to socialise and improve fitness, focusing on core, back and upper body strength. LOW IMPACT BOOTCAMP workouts are often followed by coffee ☺	45	Low to Moderate	Increased overall strength Tones and tightens
Strength Cardio	PBOX	A fat burning cardio, strength and toning workout using bags to punch your way through boxing sequences, PBOX is done to motivating music.	45	Moderate to High	Tones & shapes, builds self-confidence, increases endurance
Strength	PSC	Strength & conditioning bootcamp built on functional movements, executed at a relatively high intensity. Motivating & individually challenging, suits all fitness levels.	45	Moderate to High	Increases strength, tones & shapes, maintain bone health
Strength	PUMP	Les Mills BODYPUMP is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories.	60, 45, 30	Moderate to High	Increases strength, tones & shapes, maintain bone health
Cardio	RETRO RIDE	Freestyle cycling class featuring songs from the 80s, 90s & early 00s. RETRO RIDE will make you get your groove on!	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	RPM	Les Mills RPM is an indoor cycling class, set to the rhythm of motivational music. It burns a lot of calories and gets you fit.	45, 30	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	STEP	Les Mills BODYSTEP is a full body cardio workout that gets everyone from new comers to fitness veterans energised. This class will really tone your butt and thighs.	30	Moderate to High	Improves heart and lung fitness, agility & coordination
Flexibility Core	YO	A stretch & flexibility workout based on traditional Mind Body inspired moves incorporating mellow music and relaxation.	45, 30	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Flexibility	YO/REM	YO REMEDIAL is a self-massage class that releases muscle tension, relieves trigger points and restores healthy muscles. It involves stretches and the use of rollers & balls.	30	Low	Reduced muscle tension Increased joint mobility
Flexibility	YO STRETCH	YO STRETCH is a Mind Body inspired "athletic-specific" stretching workout. You will feel great after providing release to those muscles you've been working out.	30	Low	Increased flexibility & ROM Calmness of mind