

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	*RPM (45) Kane	PUMP (45) Andrew	*RETRO RIDE (45) Dane	*RETRO RIDE (45) Dane	*RPM (45) Andrew
	GRIT C (30) Manika		GRIT S (30) Harri		

9:20am	COMBAT (55) Thomas	PUMP (60) Caroline/Michelle	GRIT C (30) Caroline/Rach	PUMP (60) Caroline	ATTACK (30) Patrick
	*RPM (45) Rach	*PBOX (45) Bianca		*PBOX (45) Bianca	
9:55am					PUMP (30) Patrick
10:30am	BALANCE (45) Rach	CX (30) Zoephia	BALANCE (45) James	CORE (30) Zoephia	CX (30) Katrina
11:00am		LOW IMPACT BOOTCAMP (45) James		LOW IMPACT BOOTCAMP (45) Thomas	
12:15pm	PUMP (45) Katrina			*RPM (30) Rach	

4:10pm			*RPM (30) Anita		*RPM (30) Anita
4:50pm	STEP (30) James	*RPM (45) Anita	ATTACK (30) Rach/Rhi	GRIT S (30) Rach	PUMP (30) Anita
5:00pm	*ELECTRO RIDE (45) Thomas			*PILATES (45) Bianca	
5:20pm	ATTACK (30) Aaron	GRIT C/S (30) Caroline	STEP (30) James	CORE (30) Nicole	YO (30) Anita
5:45pm		YO ST (30) Anita	*PBOX (45) Dawida	RPM (30) Anita	
6:00pm	PUMP (60) Caroline	ATTACK (55) Thomas	PUMP (60) Thomas	COMBAT (55) Thomas	

**Please note:**

Child minding and all classes with an \* need to be booked at no cost through the PYCSAM app. Any trouble please email or phone reception.

**Phone: +61 3 6343 0622**

**Email: admin@pycsam.com.au**

	Saturday	Sunday
7:15am	*RPM (45) Anita	
8:10am	ATTACK (55) Thomas	*RPM (30) Anita
8:40am		GRIT C (30) Rach
9:20am	PUMP (60) Andrew/Michelle	PUMP (60) Zoephia
10:30am	BALANCE (55) James	*PILATES (45) Bianca



**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 from 22/06/20**

**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: 18/06/2020**

Category	Program	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
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	Improves heart & lung fitness Leg strength & endurance
Cardio Strength	GRIT	Les Mills GRIT is a high-intensity interval training workout. This workout uses any combination of a barbell, weight plates, benchtop or no equipment at all. GRIT C = Cardio and GRIT S = Strength.	30	High	Get fit fast, rapidly improve strength, increase lean muscle
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
Cardio Strength	*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
Core	*PILATES	PILATES is a gentle and progressive set of exercises that are suitable for all fitness abilities. It has many benefits including increased strength and flexibility.	50	Low to Moderate	Improved posture. Injury rehabilitation.
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	YO ST	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

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