

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30 AM	City Functional Fit	City Functional Fit	ZUU	City HIIT	City HIIT		
07:15 AM						City Bootcamp	
08:00 AM						City Aqua Outdoor	
08:15 AM						City Spin	City Yoga
09:15 AM	Aqua Aerobics City Functional Fit	Aqua Aerobics City Functional Fit	Aqua Aerobics	Aqua Aerobics City HIIT	Aqua Aerobics City HIIT	City Yoga	
10:15 AM				City Yoga		Zumba	
05:15 PM	City ABT City Spin	City HIIT	City ABT				
05:45 PM				City Spin	City HIIT		
06:15 PM	ZUU City Spin	ZUU City Spin	City Yoga				
06:30 PM		Zumba		Zumba			
06:45 PM	Aqua Aerobics City Pilates	Aqua Aerobics	City Aqua Indoor	City Aqua Indoor			
07:00 PM			Zumba				
07:45 PM				City Pilates			



Please note scheduled classes are subject to change.
To ensure class times are correct please contact us on **1300 332 583**

CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

ZUU

High intensity functional class with an animal twist! This intense workout is based around body weight primal movements. Join our Zuu crew & have fun while your training and get fit and functional at the same time.

City ABT

The classic and popular Abs, butt and thighs workout. For those wanting to feel the burn and tone the body.

City Yoga

Exercise both your mind and body. Designed to build strength, endurance and flexibility through the full range of movement. Our experienced Yogi's will take you through a series of poses, stretches and exercises to complete the perfect mind/body experience.

City Bootcamp

Need that extra motivation? Then boot camp is for you. Experience a range of exercises drills in a team-oriented session - a mentally and physically tough session for those looking for that extra effort. Suitable for all fitness levels

City Pilates

One of our toughest workouts! For those looking to get serious about their training - High Improve posture, core stability and strength in this highly focused 45-minute session, this mat based class will have you feeling better all over.

City Aqua Indoor

This is our signature aqua session, the best of both worlds. The calorie burning benefits of group exercise with the therapeutic properties of water, Using minimum impact movements, you'll develop strength and fitness in a fun environment. Session is completed in our indoor pool all year round.

City Spin

A 30-45 minute high-intensity bike ride that promises to burn up the calories while toning the thighs in an energized and motivating environment. The ultimate cardiovascular workout

City HIIT

HIIT One of our toughest workouts! For those looking to get serious about their training - High Intensity Interval Training, using a mix of body weight exercises, resistance equipment and cardio work in a fun motivating high energy session. Designed to test the fittest.

Zumba

Zumba is a dance fitness class that is fun, energetic and makes you feel amazing. Set to Latin and international rhythms it provides a mix of low intensity and high intensity moves for an interval style calorie burning dance fitness party. Join the party and get fit, well having a heap of FUN with our Zumba crew.

Aqua Aerobics

Aqua Aerobics is preformed in the shallower waste depth water, and is a great challenging but fun class for all fitness levels. This resistance training class is a aerobic exercise that focuses on endurance and resistance training, in a fun an enjoyable environment.

City Functional Fit

Great class that offers the best of both worlds, the class covers lifting, working on improving technique followed by a workout of the day. Builds strength and fitness fast! Want results then get to this class. These classes can be adjusted to suit all levels and abilities so join our #CITYTRIBE today.

City Aqua Outdoor

This is our signature aqua session, the best of both worlds as our outdoor pools offer a shallow end and a deep end where you can pick what level suits you. Using minimum impact movements, you'll develop strength and fitness in a fun environment.