



GROUP TRAINING TIMETABLE

PLANET FITNESS BELMONT
The Judgement Free Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	BOXING	FTC	HI-ENERGY	Les Mills BODY PUMP (45min)	SPINN	
8:30AM					ACTIVE OVER 50	Les Mills BODY PUMP
9:30AM	Les Mills BODY PUMP	HI-ENERGY	Les Mills BODY PUMP	FTC	ABT (45min)	CORE + SPINN EXPRESS
10:45AM	YOGA		YOGA		YOGA	10:00AM YOGA
4:00PM					LITTLE TIGERS 4:30PM KARATE	YOGA
5:30PM	SPINN	Les Mills BODY PUMP	BOXING	FTC	KICKBOXING	
6:15PM	Les Mills BODY PUMP		Les Mills BODY PUMP			
7:15PM	YOGA		YOGA			

STRENGTH
HIIT
CARDIO
WELLBEING
PUFF RATE
HOW PUFFED WILL I BE?

CLASS DESCRIPTIONS

All classes run for 1 hour unless specified otherwise.

BODY PUMP Puff Rating: 3	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
SPINN Puff Rating: 4	Cardio training meets inspired playlists with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Each bike has its own resistance dial, so it's perfect for all fitness levels - your bike, your intensity, your ride. For the pro cyclist, spend some time concentrating on just the ride, not the road. (45min)
ABT Puff Rating: 3	This class has a variety of different exercises designed to target problem areas. Working on mats and using body weight resistance training, this class will increase tone, firmness and strength. Targeting and shaping your butt, abs and thighs, suitable for all fitness levels. (45min)
FTC (FUNCTIONAL TRAINING & CORE) Puff Rating: 3	Functional Training & Core (FTC) promotes core conditioning using weights and resistance bands, improving your posture and mobility. Sculpt and tone the arms, legs, glutes and core - no muscle goes untouched.
HI-ENERGY Puff Rating: 5	An athletic cardiovascular session that includes HIIT, power and strength exercises designed to push you to your limit. Be prepared for burpees! (45min)
YOGA Puff Rating: 3	The ancient practice of yoga designed to centre the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
BOXING Puff Rating: 4	The ultimate boxing workout using pads, gloves, kick pads and focus mitts. Incorporating high intensity and strength moves for maximum calorie burning effect. A guaranteed good time, although your arms may tell a different story the next day! Beginners, intermediate and advanced stages for everyone. (45min)
HIIT Puff Rating: 4	A high intensity interval style workout, which incorporates cardiovascular moves with a mixture of XTrainer, functional training, core strength and weight exercises. This class is designed to push you to your limit. Be prepared for a challenge! (30-45min)
CORE Puff Rating: 1	An express core session designed to give you the fundamental platform that will compliment the rest of your training program. Core strength is an essential inclusion to a fitness program from beginners to athletes. (15min)
ACTIVE OVER 50 Puff Rating: 3	The most enjoyable over 50s program in Newcastle. Enjoy a challenging workout carefully tailored to all fitness levels, injuries and/or ailments. Expect a good time, not an easy time!

OPENING HOURS

Mon - Fri 5:00am - 11:00pm

Sat - Sun 8:00am - 6:00pm

CRECHE HOURS:

Mon - Fri 9:00am - 12:00pm

Sat 8:15am - 11:30am

CRECHE COST:

\$5.50 – 1 child (\$62.00 month pass)

\$8.00 – 2 children (\$75.00 month pass)

\$10.00 – 3+ children (\$82.00 month pass)

\$50.00 – 10 visit pass 1 child (\$75.00 – 10 visit pass 2 children)