



GROUP TRAINING TIMETABLE

PLANET FITNESS CHARLESTOWN
The Judgement Free Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	Les Mills BODY PUMP 	SPINN EXPRESS (40min) 	Les Mills BODY PUMP 	XTRAINER EXPRESS (30min) 6:30am SPINN EXPRESS (30min) 	XTRAINER 		
7:00AM		XTRAINER 					
8:30AM						Les Mills BODY PUMP 	
9:30AM						POWER YOGA 	
12:30PM	SPINN EXPRESS (30min) 	Les Mills BODY PUMP (40 min) 	STRENGTH INTERVAL 	YOGA (40min) 	SPINN EXPRESS (30min) 		
4:30PM	XTRAINER 		HI-ENERGY 				4:00pm RESTORATIVE/YIN YOGA 
5:10PM		XTRAINER (40min) 		HI-ENERGY 			
5:30PM	CORE 		CORE 				
5:45PM	Les Mills BODY PUMP 		XTRAINER (45min) 	Les Mills BODY PUMP 	YIN/YANG YOGA 		
6:00PM		SPINN EXPRESS (40min) 	SPINN EXPRESS (40min) 				
6:45PM	YOGA 	RESTORATIVE/YIN 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.
STRENGTH INTERVAL Puff Rating: 4	Strength Interval is a high intensity interval training workout that takes keeps your heart rate up and calories burning, so you can push harder and get fitter, super fast. (30min)
XTRAINER Puff Rating: 5	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels. (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)
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 the road just the ride. (30, 40 or 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.
RESTORATIVE YOGA Puff Rating: 3	Restorative Yoga is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels.
YIN/YANG YOGA Puff Rating: 4	Building strength, flexibility, and control through a strong flowing power yoga (yang) is balanced by holding stretches for minutes at a time within our (yin) practice. A fusion of two opposites, yin and yang = ease and effort. Mind, body and breath connect as one where you will leave your practice feeling calm and refreshed. (75min)
POWER YOGA Puff Rating: 4	Enjoy an energetic yoga class that uses a flowing series of postures to create heat within the body as you increase strength, flexibility, endurance and balance. *Yoga experience recommended.

FEES FOR GROUP FITNESS CLASSES

\$2 for Platinum Guests and Fast Track Members

\$10 for non-members for Group Fitness classes

OPENING HOURS

Mon - Thur 6:00am - 10:00pm

Friday 6:00am - 9:30pm

Saturday 8:00am - 6:00pm

Sunday 9:00am - 6:00pm