



# GROUP TRAINING TIMETABLE

PLANET FITNESS LAMBTON  
The Judgement Free Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	SPINN & ABS	XTRAINER	Les Mills BODY PUMP	HI ENERGY	SPINN & HIIT		
8:30AM	ACTIVE OVER 50		ACTIVE OVER 50		ACTIVE OVER 50	8:15AM Les Mills BODY PUMP	
9:30AM	XTRAINER	Les Mills BODY PUMP	XTRAINER	Les Mills BODY PUMP	BODY SCULPT	9:15AM BOXING	
10:30AM			PILATES		Les Mills BODY BALANCE	10:15AM YOGA	4:00PM YOGA
4:30PM	Les Mills BODY ATTACK	Les Mills BODY PUMP		XTRAINER	FRIDAY FUSION		
5:15PM			CORE	CORE			
5:30PM	Les Mills BODY PUMP SPINN	Les Mills BODY COMBAT	Les Mills BODY ATTACK SPINN	SPINN	Les Mills BODY PUMP		
6:30PM	Les Mills BODY BALANCE	YOGA-LATES	Les Mills BODY PUMP	YOGA			
7:30PM		ZUMBA		ZUMBA			



STRENGTH



HIIT



CARDIO



WELLBEING



HOW PUFFED WILL I BE?

# CLASS DESCRIPTIONS

*All classes run for 55 minutes unless specified otherwise.*

<b>ACTIVE OVER 50</b> Puff Rating: 3	A challenging workout carefully tailored to all fitness levels injuries and/or ailments. Expect a good time, not an easy time - there's a reason why we call these guys the fittest over 50s in Newcastle!
<b>BODY ATTACK</b> Puff Rating: 5	A Les Mills program to build strength & stamina, combining high energy and strengthening movements. A great class for beginners to intermediate participants wanting to work on their cardiovascular fitness.
<b>BODY BALANCE</b> Puff Rating: 2	Les Mills' perfect combination of yoga, tai chi and pilates. Body balance builds flexibility and strength whilst bringing the body into a state of harmony and balance. Bring your yoga mat and begin the journey.
<b>BODY PUMP</b> 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.
<b>BODY COMBAT</b> Puff Rating: 5	A Les Mills program that trains your whole body to get you fit & strong. This high-energy, martial-arts inspired, non-contact workout has no complex moves to master. You'll release stress, have a blast and feel like a champ.
<b>XTRAINER</b> 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.
<b>CORE</b> 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)
<b>HI ENERGY</b> 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!
<b>PILATES</b> Puff Rating: 2	Pilates is a body conditioning routine that can help flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips and back. Whilst developing a strong core and improving coordination and balance.
<b>SPINN</b> 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. (45min)
<b>SPINN &amp; HIIT</b> Puff Rating: 5	Imagine XTrainer meets Spinn. Get your calorie killer in 30 mins cardio followed by 30 mins of high intensity strength and body conditioning. No better combination to get results.
<b>BOXING</b> Puff Rating: 4	The ultimate boxing workout using pads, gloves, kick pads and focus mits. 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)
<b>YOGALATES</b> Puff Rating: 3	Buddha meets ballet! Yoga poses combined with the lengthening and strengthening of the core. This mind/ body class is fabulous for beginners to advanced participants.
<b>YOGA</b> 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.
<b>ZUMBA</b> Puff Rating: 3	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!
<b>BODY SCULPT</b> Puff Rating: 4	This high intensity interval training session (HIIT) based on strength & body sculpting exercises - no 2 workouts will be the same. Incorporating basic step moves & a small dose of running. Beginners to advanced welcome.
<b>FRIDAY FUSION</b> Puff Rating: 5	45 mins of high energy - the complete puff stuff HIIT training, Sprints, AMRAPs, you name it - followed by a pace change to 15 minutes of yoga inspired stretches. This combination of HIIT and YIN is a perfect way to blend your week.

**CRECHE HOURS** Mon - Fri Mornings: 8:30am - 12:30pm | Mon - Fri Evening: 4:15pm - 7:30pm | Sat Morning: 8:00am - 11:30am

**OPENING HOURS** Open Monday 5:30am | Close Friday 11:00pm | Saturday 7:00am - 6:00pm | Sunday 8:00am - 6:00pm