TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30am	REV IT 45	TRIBE 45	HIIT 45	PILATES	PULSE 45		
6.00am							
7.15am						HIIT 45	
8.00am	REV IT 45	STEP 30	LITE N LO	FLEX N FLOW	TONE UP		PULSE 45
8.15am						TONE UP 45	
8.30am		BOOTY BURN 30					
8.45am							
9.00am						VIRTUAL 30	STRETCH
9.05am			LOAD UP 45				
9.10am	FIGHT FIT 45	LITE N LO			ZUMBA 45		
9.15am		TRIBE 45	EASY RIDE 30	LITE N LO	EASY RIDE 30		
9.20am							
9.30am				PULSE 45		HATHA YOGA	
9.55am			MOVE 2 MUSIC 45				
10.00am					ABS BLAST 30		
10.00am			VIRTUAL 30		BOXING 45		
10.05am	A050'S	ABS BLAST 30					
10.15am	EASY RIDE 30	STRETCH			AO50's		
10.30am				TONE UP 45			
10.40am					TRIBE 45		
10.45am		VIRTUAL 30					
10.50am			PILATES				
11:10am	PILATES						
11.30am	VIRTUAL 40	TONE UP 45		VIRTUAL 40	STRONG & STABLE 45		
12.00pm			STRONG & STABLE 45				
12.15pm	STRONG & STABLE 45						
4.00pm		FLEX N FLOW					ZUMBA 45
4.30pm	PILATES		PULSE 45	VIRTUAL 30			
5.00pm					ZUMBA 45		
5.05pm		ZUMBA 45					
5.15pm			LOAD UP	FIGHT FIT 45			
5.30pm	EASY RIDE 30					VIRTUAL 40	
5.30pm	HIIT 45	REV IT 45			TRIBE 45		
5.55pm		TONE UP 45					
6.00pm	TONE UP 45						
6.10pm				HATHA YOGA			
6.15pm			REV IT 45				
6.25pm			ZUMBA 45				
6.45pm		VINYSA YOGA			PILATES		
7.00pm	PULSE 45						
7.15pm		VIRTUAL 40	BOXING 45	VIRTUAL 40			

The colours below indicate class location

STUDIO 96

REV HAUS

FUNCTIONAL

healthmates



STRENGTH & TONING

Load Up (60 mins)

Barbell class; start out light and work up to heavier weights as you get stronger. Your instructor will guide you when to load and how to lift correctly.
Cardio = Low
Coordination = Nil
Resistance = Moderate to High

Tone Up (45 or 60 mins)

This class will hit the small and large muscle groups to give you the toned look. We use a variety of equipment including dumbbells, resistance bands, thigh toners , slides and body weight.
Cardio = Low
Coordination = Moderate
Resistance = Moderate

Booty Burn (30mins)

Get ready to fire up those glutes! This class targets your booty and legs using booty bands and weights for an effective lower body burn.
Cardio = Low
Coordination = Nil
Resistance = Low to Moderate

Abs Blast (30mins)

Challenge your abdominals from start to end, aimed at improving your overall core strength.
Cardio = Low
Coordination = Nil
Resistance = Low to Moderate

BOXING STYLES

Fight Fit (45min)

A full cardio workout that will have you punching and kicking the air.
Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

Boxing (45min)

A high-energy, technique-first boxing session using focus pads and mitts. Great upper body workout. Expect rounds-based pad work, defence drills, and conditioning finishers. No sparring, no head contact. Ideal for beginners to intermediates #Bring cotton gloves or your own boxing gloves
Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

SPECIALTY CLASSES

Active Over 50s (60 mins)

It's light paced and focuses on your needs; gentle cardiovascular & muscle work combined with elements of balance and flexibility.
Cardio = Low
Coordination = Moderate
Resistance = Low

Strong & Stable (45 mins)

In this class, we boost your balance, flexibility, coordination and strength. All while helping reduce your risk of falls.
Cardio = Low
Coordination = Nil
Resistance = Low

HIIT (45 mins)

HIIT is high intensity interval training. Hit 90 to 95% of your maximum heart rate, then recover 70 – 80% of your maximum heart rate, ready to go for another interval.
Cardio = High
Coordination = Nil
Resistance = Moderate

Lite & Lo (60 mins)

We bring you an exciting mix of aerobic routines, circuits, step work and muscle conditioning. With a refreshing cool down to leave you feeling strong, energised and accomplished.
Cardio = Low to Moderate
Coordination = Moderate
Resistance = Low to Moderate

Step (30 mins)

Step routines to increase your fitness, coordination and lower body strength. Combination of routine and athletic step.
Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

Zumba (45 mins)

Zumba involves cardio and Latin inspired dance moves. Once you master the basic moves you will be lost in the music.
Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Nil

Move 2 Music (45 mins)

Get ready to move! You'll dance to a vibrant mix of Top 40 hits and timeless classics with easy to follow moves so you can immerse yourself in the music.
Cardio = Moderate to High
Coordination = Moderate to High
Resistance = Low

MIND & BODY

Pilates (60 mins)

A controlled mat based Pilates session that integrates mindful breathing, precise movement and targeted strengthening. Improve your alignment and support optimal posture. As your technique develops, you'll have the option to add balls, bands and rings to deepen your practice.
Cardio = Nil
Coordination = Nil
Resistance = Low to Moderate

Stretch (60 mins)

This class is a series of stretches designed to improve your flexibility, minimise muscle imbalances and release stored muscle tension.
Cardio = Nil
Coordination = Nil
Resistance = Nil

Hatha Yoga (60 mins)

This class focuses on alignment of the whole body while holding poses, which support the spine and bring about the awareness of breath with movement. Ideal for entry level to intermediate.
Cardio = Nil
Coordination = Nil
Resistance = Low

Vinyasa Yoga (60 mins)

Vinyasa means 'breath-synchronized movement'. A series of poses that will use the power of inhaling and exhaling, with smooth flowing movements.
Cardio = Nil
Coordination = Nil
Resistance = Low

Flex n Flow (60 mins)

Flex & Flow focuses on flexibility, mobility, and smooth movement patterns. Through a series of flowing stretches and controlled movements, you'll improve range of motion, release tension, and leave feeling rejuvenated from head to toe
Cardio = Nil
Coordination = Nil
Resistance = Low

CYCLING

Pulse (30 or 45 mins)

Feel your power in PULSE; every beat, pedal stroke and climb is designed to test your strength and stamina. This performance driven ride focuses on RPM, resistance and teamwork. You will see your stats on the screen.
Cardio = High
Coordination = Nil
Resistance = Moderate to High

Rev IT (30 or 45 mins)

A high energy interval training class that combines indoor cycling with off the bike functional strength blocks. Switch between the bike and floor in timed rounds to improve cardiovascular fitness, muscle endurance, and total-body conditioning.
Cardio = Mod - High
Coordination = Mod
Resistance = Moderate to High

Tribe (45 mins)

You don't ride alone, you ride with your Tribe. This class is all about connection, teamwork, and shared energy. Together, you'll climb, sprint and push through every challenge, motivating and supporting one another to go further than you thought possible.
Cardio = Mod - High
Coordination = Mod
Resistance = Moderate to High

Easy Ride (30 mins)

Easy Ride is what your body needs when you're just starting out, coming back from a break or recovering from a leg session. This class focuses on technique, and controlled movements allowing you to turn the legs over without pressure on your joints. We finish each session by checking how far we've travelled, giving you a simple and satisfying measure of progress.
Cardio = Low - Med
Coordination = Nil
Resistance = Low - Moderate

Virtual (30 or 45 mins)

You will be guided by a dynamic virtual instructor who offers a range of intensities and levels. Taking you on a motivating and empowering journey. Before joining these sessions, make sure you've checked with an instructor so your setup is correct and you know your levels are right for you.
Cardio = Mod - High
Coordination = Nil
Resistance = Moderate to High

ATTENDING CLASSES

- All classes are 1 hour unless otherwise stated
- Class bookings open at 8am, 1 day prior via the app
- Cancellation of a booking is 2 hours prior to class starting
- Bring clean feet to all mind / body classes
- Use hygiene stations provided to clean equipment
- Bring water & towel to all classes and use towel on your equipment, mats and to remove sweat from your body.
- Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.
- Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class

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