

BROOME GROUP FITNESS TIMETABLE

Effective from March 2019

MON	TUE	WED	THU	FRI	SAT	SUN
5.30am RPM OR GRIT STRENGTH	5.30am SPRINT*	5.15am EXTREME CYCLE DOUBLE SHOT	5.30am BODYPUMP**	5.30am RPM*		
8.30am SPRINT* OR BODYPUMP	8.30am SOULFIGHTER	8.30am SOULRIDER	8.30am TABATA OR SPRINT*	8.30am RPM* DOUBLE SHOT OR BODYPUMP*	7.30am SPRINT*	7.45am BODYPUMP*
	9.30am CXWORX	9.15am BODYPUMP*	9.05am CXWORX	9.05am BODYBALANCE**	8.30am BODYATTACK*	8.30am CXWORX
					9.15am BODYPUMP	9.15am BODYBALANCE
4.30pm BODYPUMP	4.30pm GRIT CARDIO*	4.30pm Sprint*	4.30pm GRIT STRENGTH		 <p>Bookings must be made online for RPM, & Crèche * 30 mins ** 45 mins</p>	
		4.45pm BODYATTACK*				
5.00pm RPM*	5.05pm CXWORX		5.05pm CXWORX			
	5.45pm BODYBALANCE	5.30pm BODYPUMP	5.45pm BODYBALANCE*			

GROUP FITNESS DESCRIPTIONS



Rapidly burn calories, improve general endurance & overall body strength in this high energy class. A "cardio" interval training program that will help you get fit!
With lots of low impact options all participants can achieve their fitness goals.



A blend of Yoga, Tai Chi & Pilates concepts is the ultimate experience. Focusing on movement & breathing, this class will help improve flexibility, core strength & posture as well as reducing stress. You will leave with a sense of calmness & balance.



This weights class set to great music will get you into shape FAST! Tone & strengthen your muscles plus improve your body's fat burning capabilities. A complete whole-body workout that is suitable for all fitness levels.



"Ride the calories killer" is a studio cycling class providing fast improvement in general endurance and an increase in lower body strength, burning up to 800 calories in one session.

45 mins
BOOKINGS REQUIRED



A 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

30 mins
BOOKINGS REQUIRED



A 30 minute high intensity interval training workout designed to improve strength and build lean muscle.

30 mins
BOOKINGS REQUIRED



CXWORX hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength & assisting in injury prevention.

30 mins



A class similar to RPM, with two extra tracks to make it an exhilarating calorie burner - want a little more?

BOOKINGS REQUIRED



The ultimate HIIT (High Intensity Interval Training). TABATA is designed to get you FIT FAST, mixing dynamic movements with motivating music and challenging moves.

30 mins



DERBY | BROOME | PORT HEDLAND | KARRATHA

14 IONA LINK BILINGURR BROOME | (08) 9192 5200

www.lifeandsoul.com.au