

GROUP FITNESS TIMETABLE

LIVE GROUP FITNESS CLASSES							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50 AM		LES MILLS 30 BODYPUMP		HIIT CYCLE 30	LES MILLS 45 Shapes		
8:00 AM		STAY ACTIVE LOW IMPACT 60			STAY ACTIVE GYM 60		
8:15 AM						HIIT CYCLE 30	
9:00 AM							
9:05 AM	LES MILLS 55 BODYPUMP	WORX 45 Strength & Conditioning	STRENGTH CYCLE 30	FIT BOX 55	LES MILLS 55 BODYPUMP	LES MILLS 45 Shapes	
10:00 AM		LES MILLS 45 Shapes	YIN YOGA 75				
10:15 AM	PILATES MAT 45						
11:30 AM					CHAIR BALANCE 45		
5:30 PM							
6:00 PM	STRENGTH CYCLE 45	LES MILLS 45 Shapes	WORX 45 Strength & Conditioning	PILATES MAT 45			

AQUA CLASSES - LAP, LEISURE AND HYDRO POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	AQUA BALANCE 45 AQUA FIT 55	WATER WALKING 45	AQUA FIT 55	AQUA BALANCE 45	AQUA FIT 55		
8:30 AM			HOT WATER YOGA 45				
6:15 PM				AQUA TURBO 30			

24/7 GYM							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 AM	STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		
3:30 PM	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45		
Specialised Programs (MY Active Teen & Strength for Life)							

This timetable is current from: 6th January 2025

Creche Available: Monday-Friday 8:45am-11:45am Saturday 8:00am-11:00am

VIRTUAL STUDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	LESMILLS 45 BODYPUMP	LESMILLS 30 RPM	LESMILLS 30 CORE	HIIT CYCLE 30 (5:50am start)	LESMILLS 30 BODYBALANCE		
6:45 AM	ON DEMAND 6:45AM-8:00AM	ON DEMAND 6:45AM-8:45AM	ON DEMAND 6:45AM-8:45AM	ON DEMAND 6:45AM-8:00AM	ON DEMAND 6:45AM-8:00AM		
8:15 AM	LESMILLS 30 CORE			LESMILLS 30 BODYPUMP	LESMILLS 30 BODYATTACK	HIIT CYCLE 30	
9:00 AM	LESMILLS 45 BODYATTACK	LESMILLS 45 DANCE	HIIT CYCLE 30	LESMILLS 45 CORE	LESMILLS 30 RPM	ON DEMAND 9:00AM-1:45PM	ON DEMAND 9:00AM-12:45PM
10:00 AM	LESMILLS 30 CORE	LESMILLS 30 RPM	ON DEMAND 10:15AM-3:00PM	LESMILLS 30 BODYATTACK	ON DEMAND 10:15AM-3:00PM		
3:20 PM	LESMILLS 45 DANCE		LESMILLS 30 RPM		LESMILLS 45 DANCE		
4:00 PM	ON DEMAND 4:10PM-5:00PM		ON DEMAND 4:00PM-4:45PM		ON DEMAND 4:10PM-4:45PM		
5:00 PM		LESMILLS 30 RPM	LESMILLS 45 BODYPUMP	LESMILLS 30 RPM	LESMILLS 30 CORE		
6:00 PM	STRENGTH CYCLE 45	ON DEMAND 5:40PM-7:15PM	LESMILLS 45 BODYBALANCE	LESMILLS 45 CORE	ON DEMAND 5:40PM-7:15PM		

Double up and pair a live Cycle with a virtual class for an all over body workout!

CLASS DURATIONS AND DESCRIPTIONS

AQUA BALANCE (45MINS) LOW

An excellent and safe form of exercise for Seniors, people with limited mobility and joint or muscle pain. Aqua Balance is conducted in our warm Hydrotherapy Pool and incorporates some of the principles of Tai Chi, stretching and relaxation.

AQUA FIT (55MINS) LOW-MODERATE

A workout designed to tone your entire body, encourage flexibility, fitness and well-being. Classes use the resistance and buoyancy of water to ensure you work hard. Aqua Fit is held in warm chest deep water.

AQUA TURBO (30MINS) MODERATE-HIGH

An intense cardio workout in the water. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance. Utilising a variety of different training methods and Aqua HIIT Training.

CHAIR BALANCE (45MINS) LOW

Another specialised MALC program that helps people to feel good through safe, effective programming. By utilising a chair as support, seniors can engage in a safe and comfortable workout that is tailored to their unique needs and abilities.

FIT BOX (55MINS) MODERATE-HIGH

FIT Box involves short bursts of intense training, followed by brief periods of rest. It also includes boxing combinations, boxing moves and techniques and cardio drills.

FUNCTIONALLY FIT TRAINING (30MINS) MODERATE-HIGH

Functionally Fit Training is designed to re-energise your workouts and make daily movements easier by blending traditional strength training with functional exercises. Perfect for all fitness levels.

HIIT CYCLE (30MINS) HIGH

HIIT Cycle is great for people with limited time to train. Constant variation of intensity keeps your mind focused and makes your workout more engaging.

HOT WATER YOGA (45MINS) LOW-MODERATE

Hot Water Yoga is held in the warmth of our Hydrotherapy Pool. The warm water not only encourages circulation, healing and relaxation, it also supports your weight, taking pressure off your joints and allowing for deeper stretches and longer lasting releases of tension.

*LES MILLS BODYATTACK (55, 45 OR 30MINS) MOD-HIGH

BODYATTACK™ is a high-energy fitness class with combined athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

*LES MILLS BODY BALANCE (55MINS) LOW-MODERATE

Les Mills class combining elements of Yoga, Pilates, Stretching, Tai Chi & Meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm.

*LES MILLS BODY PUMP (55MINS) MODERATE

Body Pump is based on THE REP EFFECT: a proven formula that exhausts muscles using light to moderate weights, while performing high repetitions – the secret to developing lean, athletic muscle. At MALC we use SmartBars™, the latest in bar and weight technology.

*LES MILLS DANCE (45MINS) MODERATE-HIGH

A high-energy workout that will reinvent the way you move and sweat! Simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.

*LES MILLS CORE (55, 45 OR 30MINS) MODERATE-HIGH

CORE™ provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

*LES MILLS RPM (50 OR 30MINS) MODERATE-HIGH

Immerse yourself on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

LES MILLS SHAPES (45MINS) MODERATE

Les Mills Shapes is an invigorating blend of core strength, glute strength, pilates and power yoga set to modern beats. Expect small, controlled movements that sculpt and strengthen to compliment your weight training, improve alignment and increase flexibility.

MY ACTIVE TEEN (45MINS)

Specialised gym sessions for our teen members.

PILATES MAT (45MINS) MODERATE-HIGH

Enhance your coordination, strength, balance and posture through a series of targeted, full body exercises. By using your body weight to create resistance and tension, you'll work out multiple muscle groups for a comprehensive fitness experience.

STAY ACTIVE (60MINS) LOW-MODERATE

Stay Active Gym is a low impact exercise class that increases fitness levels through a range of exercises that work the entire body. Stay Active Cardio is a fun class that is designed to improve the coordination and flexibility of our Senior population.

STRENGTH CYLCE (45MINS) MODERATE-HIGH

More than just a ride! Jump on and ride through rotating intense cardiovascular training on the bike, with off-the-bike Strength work, to create a stronger, more balanced body. Suitable for all fitness levels.

STRENGTH FOR LIFE (60MINS) LOW

The Strength for Life program promotes health and well-being and is designed to enable people 50 years and over to access affordable, fun and supervised training sessions.

TRX (45MINS) MODERATE-HIGH

TRX suspension training is a total body resistance exercise using bands to do multiple exercises suitable for all fitness levels.

WATER WALKING (45MINS) LOW

Water walking is easy on the joints is more effective than walking on land. The turbulence in water creates an unstable environment encouraging the core muscles of the body to become stronger to maintain correct position and posture. The sessions are safe for Seniors and are an excellent cardio and resistance training exercise option.

WORX (45MINS) MODERATE-HIGH

Worx is a full body strength and conditioning program specifically designed to improve muscular strength, endurance, speed, power, fitness, mobility and body composition.

YIN YOGA (75MINS) LOW

Yin Yoga is a slow, restorative, and meditative form of Yoga. Yin Yoga targets the connective tissue so you will be led through a slow practice where the muscles in the body become relaxed as you sink into the fascia.

*Virtual & On Demand classes available