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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>DANCE</b> 12:00PM - 12:45PM	 <b>BODYCOMBAT</b> 12:00PM - 12:45PM	 <b>GRIT</b>   ATHLETIC 12:00PM - 12:30PM	 <b>BODYBALANCE</b> 12:00PM - 12:45PM	 <b>GRIT</b>   STRENGTH 12:00PM - 12:30PM	 <b>BODYPUMP</b> 12:00PM - 12:45PM	 <b>CORE</b> 12:00PM - 12:30PM
 <b>GRIT</b>   STRENGTH 1:00PM - 1:30PM	 <b>BODYBALANCE</b>   FLEXIBILITY 1:00PM - 1:30PM	 <b>BODYPUMP</b> 1:00PM - 1:45PM	 <b>CORE</b> 1:00PM - 1:30PM	 <b>BODYATTACK</b> 1:00PM - 1:45PM	 <b>BODYCOMBAT</b> 1:00PM - 1:45PM	 <b>DANCE</b> 1:00PM - 1:45PM
 <b>BODYATTACK</b> 2:00PM - 2:45PM	 <b>GRIT</b>   CARDIO 2:00PM - 2:30PM	 <b>CORE</b> 2:00PM - 2:30PM	 <b>BODYCOMBAT</b> 2:00PM - 2:45PM	 <b>BODYPUMP</b> 2:00PM - 2:45PM	 <b>GRIT</b>   STRENGTH 2:00PM - 2:30PM	 <b>BODYBALANCE</b> 2:00PM - 2:20PM
 <b>BODYPUMP</b> 3:00PM - 3:45PM	 <b>CORE</b> 3:00PM - 3:30PM	 <b>BODYATTACK</b> 3:00PM - 3:45PM	 <b>DANCE</b> 3:00PM - 3:45PM	 <b>GRIT</b>   CARDIO 3:00PM - 3:30PM	 <b>BODYBALANCE</b> 3:00PM - 3:45PM	 <b>GRIT</b>   ATHLETIC 3:00PM - 3:30PM
 <b>CORE</b> 4:00PM - 4:30PM	 <b>DANCE</b> 4:00PM - 4:30PM	 <b>GRIT</b>   STRENGTH 4:00PM - 4:30PM	 <b>BODYPUMP</b> 4:00PM - 4:30PM	 <b>BODYBALANCE</b>   FLEXIBILITY 4:00PM - 4:30PM		



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.



Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.



Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.

## Hamilton Island Sports Club

### Les Mills Virtual Group Exercise Timetable