Premium Membership Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	**HIIT (Tabata)** *Multi-Purpose Room* ***DEB***	**YOGA** *Multi-Purpose Room* ***BEC***	**HIIT (Tabata)** *Multi-Purpose Room* ***JESSE***	**YOGA** *Multi-Purpose Room* ***BEC*** **CIRCUIT** *Functional Room* ***JAMIE***	**Mat Pilates** *Multi-Purpose Room* ***MEGAN***	
7:00am	**Core** *Multi-Purpose Room* ***DEB***		**Core** *Multi-Purpose Room* ***JESSE***			
8:00am						**HIIT (SIT)** *Functional Room* ***DEB*** **Mat Pilates** *Multi-Purpose Room* ***MEGAN***
2:30pm	**Empowering Teens Session** *Gym* ***JESSE***				**Empowering Teens Session** *Gym* ***JAMIE***	
5:30pm	**CIRCUIT** *Functional Room* ***JESSE***	**BOXHIT** *Functional Room* ***DEB***	**Self Defence** *Multi-Purpose Room* ***ANDREW***	**BOXHIT** *Functional Room* ***DEB***		
5:45pm		**Zumba** *Multi-Purpose Room* ***LISA***				
6:30pm	**Mat Pilates** *Multi-Purpose Room* ***MEGAN***	**Core** *Multi-Purpose Room* ***DEB***		**Core** *Multi-Purpose Room* ***DEB***		
7:00pm			**YOGA** *Multi-Purpose Room* ***BEC***			
7:15pm				**YOGA** *Multi-Purpose Room* ***BEC***		

Classes included in all PREMIUM Gym Memberships and available for Fitness Passport Members! More information PTO

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PCYC Circuit
Circuit Training focuses on continuous movement and muscle engagement, making it effective for those seeking a well-rounded workout. Our circuit training workouts are performed at a medium intensity during the work periods and include little to no rest between bouts of work using upper body, lower body, compound exercises & cardio for an all over body workout building strength and fitness. This class can be scaled for all fitness levels. *All ages 13+ (1hr)*

PCYC HIIT
A high intensity interval group fitness class focusing on upper body, lower body and core strength exercises combined with cardio to give you a fast and safe way to gain muscle, improve fitness and reduce body fat. Tabata or Sprint Interval Training (SIT) style. *All ages 13+ (45min)*

BOXHIT
High-energy boxing-inspired HIIT class. Combine powerful combos, cardio bursts, and strength drills for a full-body workout that builds strength and endurance. All ages 13+ (45min)

PCYC Core
A core strength gym fitness class that focuses on strengthening the muscles in your core, which includes your abdominals, lower back, and obliques. These muscles are essential for good posture, balance, and stability, and a strong core can help to improve your performance in other activities, such as sports. Core strength classes typically use a variety of ground or Swiss ball exercises, such as planks, crunches, and Russian twists, to work all the core muscles. All ages 13+ (30min)

Yoga
Vinyasa Flow class at sunrise that caters for all abilities with Bec Conway. All ages 13+ (1hr)

Pilates
Pilates is a low-impact workout that builds core strength and improves flexibility through controlled movements. It enhances posture and body awareness. All Ages 13+ (1hr)

Self Defense
A program that aims to help you build confidence, self-control, awareness, focus, balance, coordination, and self-discipline. All ages 14+ (1.5hr)

Zumba®
Zumba® is a group exercise class that blends rhythmic Latin music with high-intensity cardio dance moves to make getting in shape more fun than ever. Get a full-body workout while forgetting you're even exercising by joining the Zumba® dance party! Taught by the wonderful Lisa Hamilton. *All ages 13+ (45min)*

PCYC Empowering Teens Session
A supervised afterschool gym drop-in program designed for young people aged 13–17 years, focused on building confidence, fitness skills, and healthy habits in a safe and supportive environment. Sessions run Mondays & Fridays from 2:30pm to 4:30pm, allowing students to attend straight after school. Teens can stay for as little or as long as they like during the session. 13 – 17 years (2hr drop-in session after school)

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