

04 APRIL 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Fit60 5:45-6:45 Sharon	LES MILLS BODY PUMP 5:00-5:45 Sarah	Tabata Pump 5:45-6:45 Jess	Super Circuit 5:45 – 6:30 Staycee	Fit60 5:45-6:45 Jess	Tabata Pump 5:45-6:45 Sharon	
6:00 AM		Bike Blitz 6:00-6:45 Sarah					
7:00 AM						Step & Tone 7:00-7:45 Staycee	
8:00 AM	Core Blast 8:15 – 9:00 Jacki			Super Circuit 8:00-8:45 Staycee	Tabata Pump 8:00 – 8:45 Staycee	Power Yoga 8:00-9:00 Kelsey	
9:00 AM	Fit45 9:00-9:45 Jacki	LES MILLS BODY PUMP 9:00-9:45 Todd	Power Pulse 9:00-9:45 Todd	Step & Tone 9:00 – 9:45 Staycee	Bike Blitz 9:00-9:45 Kristy	Yoga Flow 9:00-10:00 Kelsey	
10:00 AM	Yoga 10:00-11:00 Louise	LES MILLS BODYBALANCE 10:00-11:00 Alison	Mobility 9:50 Todd	LES MILLS BODYBALANCE 10:00-11:00 Alison	Mat Pilates 10:00-11:00 Kristy		
4:00 PM							
5:00 PM	Tabata Pump 5:45-6:30 Jess	FIT45 5:45-6:30 Jacki	Bike Blitz 5:15 – 5:45 Kristy	Bike Blitz 5:00 – 5:30 Matthew			
				ABT 5:45 – 6:30 Sharon			
6:00 PM	Mat Pilates 6:45-7:30 Kristy	Yoga 6:45-7:45 Kelsey	Super Circuit 6:00 – 6:45 Kristy	Yoga 6:45-7:45 Kelsey			

Reception hours: Monday – Thursday 7.00 – 11:30am and 3 - 8pm
Friday – 7-11:30am
Saturday 7-11am

Creche Hours: Monday - Friday 8:00 – 11:00 (bookings essential through GymMaster Member App)

Contact us (07) 3806 3403 cornubia@movementhealthclubs.com.au or Facebook

Please go to www.movementhealthclubs.com.au and select Timetable – Cornubia to view and print the timetable.

Bookings are essential for all classes and creche through the GymMaster Member App.

Download the App via the QR code below.



FUNCTIONAL TRAINING

Fit60/Fit45 Combines elements of high-intensity interval training (HIIT), circuit training, and functional training. Mixed classes with body weight, suspension, kettlebells, functional strength and cardio training.

HIGH INTENSITY/CIRCUIT/CARDIO

Supercircuit This class uses a range of different 'stations' each of which involves a different exercise. You perform timed sets at each station before moving to the next one. It's based around a whole-body workout with a strong focus on strength and cardiovascular set to motivating music. A great class to increase fitness & tone up. Suitable for all levels of fitness.

BikeBlitz For absolute calorie destruction! Fantastic for shaping and toning your lower body and dramatically increasing your fitness levels as you cycle through varying terrains with powerful music to provide a stimulating and motivating atmosphere.

Power Pulse Ignite your energy and elevate your fitness in this high-intensity, low-impact cardio training class. Power Pulse combines dynamic movements with an athletic strength component to deliver a full-body workout that will leave you feeling energized and empowered.

TONING

LES MILLS

BODYPUMP

The fastest way to change your body shape. Adjustable weight loaded barbells allow you to increase your lean muscle mass (without building 'bulk') burning more calories and ensuring awesome muscle tone as well as improving your posture.

Step & Tone An easy to follow cardio and toning workout using a step, together with body conditioning exercises to burn calories, strengthen and tone muscles in the entire body. A simple step-up routine will help train your heart, lungs, bones, muscles, and much more. A low impact way to improve overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

Core Blast This is a core focused class to help strengthen and tone. Utilize a variety of weights to tone and shape your body, while working up a sweat. Open to all fitness levels.

ABT A triple threat workout targeting three common trouble zones at one time. Focusing purely on strengthening your abs, butt and thighs with a combination of strength enhancing and muscle toning exercises that are designed to yield results.

STRENGTH

Tabata Pump Interval training using weights! Push yourself and your body to new heights with this amazing full body strength and cardio mix.

MIND & BODY

LES MILLS

BODYBALANCE

The complete mind and body experience. A unique combination of Yoga, Pilates and Tai Chi to improve core strength, posture and flexibility and enhance overall wellbeing. The perfect antidote for a busy life.

Yoga A dynamic Yoga class that includes both sustained poses as well as flow to build strength and enhance flexibility. Attention is given to both breath and alignment, finishing with meditation and relaxation.

Power Yoga Test your strength and endurance in yoga postures. Strengthen groups of muscles around joints to increase stability and reduce injuries, while you become more flexible. These classes will make you strong and toned quickly. Power yoga focuses on the body, muscles, and healthy alignment. Come and enjoy a fast, full-body workout.

Yoga Flow Slowing down gives you access to a deeper and richer experience. Slowly turn your attention inward to notice body strength, alignment, flexibility, balance, breath and emotion encased in each yoga posture. Allow wisdom to appear underneath it all. Slow down and smell the roses in a garden, the richness in your yoga and in your life.

Mat Pilates An overall body conditioning class that will improve flexibility, build strength, and develop core control. Emphasis is placed on both alignment and breathing throughout the class.

Mobility Enhance your overall performance in group fitness and gym training with Todd's Mobility Class. This class focuses on mobility, movement, and flexibility, while also targeting and strengthening your core. By incorporating a variety of exercises and techniques, you'll improve your range of motion, enhance your body control, and achieve better functional fitness.

JOIN OUR GROUP FITNESS CREW!

Keep up to date with all things Group Fitness via our Movement Cornubia Crew Facebook Group.

Simply scan the QR code below or search "Movement Cornubia Crew" on Facebook. We can't wait to see you on the inside!

