

MORLEY

GROUP FITNESS TIMETABLE

STARTING DECEMBER 27 2023

STAFFED HOURS

Monday—Thursday 9.00am—6.00pm

Friday 9.00am—5.00pm

Saturday 8.30am—11.30am

Sunday and Public Holidays Unstaffed

GX ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00-6.55am		New class coming soon!		New class coming soon!			
8.15-9.15am						Body Combat	
9.15-10.10am	HIITStep +Core	Zumba	Body Pump	Zumba	Body Pump	Zumba	
10.15-11.10am	Pilates		Yoga			Body Pump	10am Yoga
5.30-6.25pm	Body Pump	Freestyle Dance	HIITCircuit +Core	Pilates	Freestyle Dance		
6.30-7.25pm	Pilates	Body Pump	Yoga				
STRENGTH ZONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30-10.15am	Super Seniors		Super Seniors		Super Seniors		

OUR CLASS GUIDE

		BEST RESULTS			
		FITNESS	STRENGTH AND TONE	WEIGHT-LOSS	WELLNESS
New class coming soon!					
HIIT CIRCUIT	A HIIT workout designed to improve strength and cardiovascular fitness, and build lean muscle. This workout uses a barbell, weight plates, a step, bodyweight, and motivating music to hit all major muscle groups.				
HIIT STEP	A HIIT class that uses bodyweight and a step and a music soundtrack created by some of the UK’s top House DJs, a high energy class that pushes you to new limits.				
BODYCOMBAT	A high energy class that fuses moves from boxing, muay thai, karate and other martial arts. Emphasising control and technique the body weight athletic combinations will challenge and shape your body.				
	No equipment necessary, and options for both low and high impact movements are given in class.				
BODYPUMP	A non-impact class designed to give your body a complete workout using barbells and light weights. You will burn calories and improve strength.				
PILATES	A mind-body intervention that focuses on strength, core stability, muscle control, posture, and breathing.				
SUPER SENIORS	Specially designed for the over-55s to safely maintain fitness, strength, and flexibility. Suitable for both veteran gym goers and new comers.				
YOGA	A flowing and meditative class for healing and restoring balance within the body, mind, and spirit. Improve muscle tone, flexibility, strength, and stamina.				
FREESTYLE DANCE	An easy-to-follow high intensity fusion of dance and sculpting movements, an effective and super fun class.				
ZUMBA	A blend of Latin and International dance routines that creates a dynamic, exciting, and fun workout. A blend of fast and slow rhythms, and low and high intensity options, mean this class is suitable for all.				