

ALL CLASSES
are included
in membership

GROUP FITNESS TIMETABLE



EFFECTIVE 15th January 2024

www.peakbody.com.au



Ph: 9448 0333

Monday - Friday: 5am - 8pm

Saturday - Sunday: 7am - 3pm

Public Holidays: 7am - 3pm

STUDIO 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
5.45AM	X-FIT	Power Bar	Total Tone	X-FIT	Body Balance	7.00am X-FIT	7.15am Hatha Yoga
8.30AM				8.00am Pilates		Body Attack	Step Moves
8.45AM	Total Tone	Dance	Body Attack	Pilates	Total Tone		
9.30AM	Power Bar	Total Tone	Power Bar	Attack/ABT	Dance	Power Bar	Power Bar
10.30AM	Body Balance	Vinyasa Yoga	Vinyasa Yoga	Body Balance	Hatha Yoga	Vinyasa Yoga	Body Balance
5.30PM	X-FIT	Pilates	X-FIT		Pilates		
6.30PM	Vinyasa Yoga	Pilates	Yin Yoga	Vinyasa Yoga			

STUDIO 2

	MON	TUE	WED	THUR	FRI	SAT
5.45AM					Spin/Run	
8.45AM		Power Spin			Power Spin	8.15am Power Spin
9.00AM				Power Spin		
9.30AM	Power Spin		Power Spin			
5.30PM	Power Spin	Power Spin	Power Spin			

Download the PEAKBODY APP for our 'live timetable'
and instructors.



VINYASA FLOW YOGA

A dynamic combination of breath with movement flowing between postures creating heat throughout the body. Flowing to a peak and coming full circle, allowing a great mind-body connection.

You are required to bring your own mat or large towel.

YIN YOGA

Perfect for anyone with tightness in their body. This is a restorative practice that helps us heal both our body and our mind. Yin Yoga increases flexibility, fosters self-love and melts away stress.

You are required to bring your own mat or large towel.

HATHA YOGA

Benefits the mind, body and spirit. We begin with Pranayam (breath meditation), arrive to the new, and quieten the chatter of the mind. Flowing into Asana (postures) to help tone and release the tightness of sore muscles by lengthening and strengthening the whole body.

You are required to bring your own mat or large towel.

PILATES

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. You are required to bring your own mat or large towel.

BODY BALANCE

This is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structures series of stretches and poses. You are required to bring your own mat or large towel.

POWER SPIN

Simply hop on your bike, set the resistance to the level that's right for you, and let your instructor guide you through and incredible ride.

(45 minute session).

SPIN 'N' RUN

Wanting to add some running to your SPINNING workout? Then this class was made for you! You have the choice of staying on your bike for the entire class or add some running intervals to your routine.

TOTAL TONE

A full body workout to tone and shape. This class is a mix up of cardiovascular and muscular endurance.

Great for all levels of fitness.

XFIT

This class utilises body weight exercises, dumbbells and bars in a circuit to burn through the calories.

BODY ATTACK

This is the sports-inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

ATTACK/ABT

Just like Body Attack only with some focused energy. This class has been designed specifically for those members looking to get a strength and stamina workout with a huge focus on the Abs, Butt and Thighs.

POWER BAR

This is the original barbell class that strengthens your entire body. Using light to moderate weights with lots of repetition - POWER BAR gives you a total body workout.

DANCE

45 minutes long and featuring simple but seriously hot dance moves. DANCE is the perfect way to shape up and let out your inner star - even if dance isn't your natural thing. DANCE is the ultimate fun and sociable way to exercise.

STEP MOVES

This is an energising intermediate/advanced class that makes you feel liberated and alive. Using a height-adjustable step and choreographed movements on, over and around the step with progressive options.

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