

GROUP EXERCISE TIMETABLE

SEMESTER 183

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am		TRX*		Super Circuit*		
6.45am	DWR*		DWR*		DWR*	
7.15am						Boxing*
7.45am	Synrgy 360*	Cardio Blitz*	Tabata*	Boxing Circuit*	Strength and Conditioning Circuit*	
8.15am						TRX*
9.15am	DWR*	Aqua*	DWR*	Aqua*	DWR*	Aqua*
12.15pm	TRX*	Boxing*	Super Circuit*	TRX*	Synrgy 360*	
	Strength*	Yoga*	Props Pilates*	Yoga Flow*	HIIT Express**	
1.15pm			HIIT Express**			
3.30pm	HIIT Circuit*			Strength and Conditioning Circuit*		
5pm	Strength and Conditioning Circuit		Boxing			
5.30pm	Pilates		Mobility Fit*			
	Step / Hiit	Super Circuit			TRX	
6pm	Boxing	Box X Train	Boxing	Boxing		
6.30pm	Yoga	Yoga	Pilates	Yoga		

*Denotes a 45 minute class.

**Denotes a 35 minute class.

All other classes are 60 minutes. Class tickets are available 30 minutes prior to the start of the class. Please give the ticket to the instructor at the beginning of the class.

The timetable is subject to change without prior notice.

SPORTS CENTRE HOURS

Monday - Wednesday 5am - 9pm

Thursday - Friday 5am - 8pm

Saturday 7am - 5pm

Sunday 9am - 5pm

Pool and tennis courts close 30 minutes prior to Centre's closure.

CLASS LOCATIONS

Circuit Room	Aerobics Room
Yoga Room	
Pool	
Gym Floor	

BOND UNIVERSITY SPORTS CENTRE GROUP EXERCISE CLASS GUIDE

BOX X TRAINING (1 hour)

A combination of intense boxing drills, dynamic strength exercises and a killer cardio workout. All fitness levels are welcome but be prepared to be pushed to your limits!

BOXING CIRCUIT (45 minutes or 1 hour)

The ultimate circuit class combining boxing drills, cardio and strengthening exercises. Designed to burn maximum calories in a fun group environment. Suitable for all levels.

CARDIO BLITZ (1 hour)

Blitz your cardio fitness with a high energy, interval training cardio workout. Mix it up each week with something different that will improve your fitness and fat loss by getting your heart pumping!

HIIT EXPRESS (35 minutes)

Too busy to work out? (H.I.I.T Express) High. Intensity. Interval. Training is the class for you! In minutes it will have you sweating, breathing hard, burning body fat while improving all areas of fitness!

HIIT CIRCUIT (45 minutes)

High intensity interval training (hiit) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue. Helps promote fat loss and improve mood.

MOBILITY FIT (45 minutes)

Mobility Fit applies exercises that free up your body to give an improved range of movement. Using foam rollers, trigger point balls, bands and stretching, this class will release tight areas of your body and promote mobility. A great recovery session to add to your week.

PILATES (1 hour)

A workout designed to develop core strength and coordination. The focus of this class will be on traditional pilates movement patterns, the use of breath and correct body alignment.

PROPS PILATES (45 minutes)

A mat work pilates class that incorporates the use of thera-bands, fit balls, pilates rings and light weights to provide extra resistance and challenge the body.

STRENGTH (1 hour)

All the benefits of weight training using adjustable weights in a friendly environment, set to great music. All are welcome to this great strength builder class!

STRENGTH AND CONDITIONING (1 hour)

A dynamic class that combines a variety of weights, cardio and core training for a total body workout. You will be surprised with the amount of diversity in this class!

STEP / HIIT (1 hour)

Adjust the height of your step to change the intensity of your workout. Step is one of the best known aerobic classes and being combined with HIIT (High Intensity Interval Training) takes it to a whole new level. Are you up for the challenge?

SUPER CIRCUIT (45 minutes or 1 hour)

A high intensity class combining boxing, steps, plyometric, body weighted exercises and strength exercises into one fast-paced, calorie crushing workout! A medium to high level of fitness is recommended.

SYNRGY360® (45 minutes)

A functional fitness circuit that offers limitless options for all fitness levels. Performed on the SYNRGY360® platform located on the main gym floor.

TABATA WORKOUT (1 hour)

Mix it up with Tabata Total Body System. Cycle through components of cardio, body weighted exercise and resistance workouts. Get maximum effect for maximum efficiency.

TRX® SUSPENSION TRAINING (45 minutes or 1 hour)

Every suspension training exercise builds true functional strength and improves flexibility, balance and core stability. Movements using the TRX integrate strength and balance into a single dynamic format that taxes the nervous system at a high level and maximises the benefits of body weight exercise for faster results.

YOGA (45 minutes or 1 hour)

Designed to enhance vitality and a sense of wellbeing, this workout helps participants improve flexibility, balance, strength and posture.

YOGA FLOW (45 minutes)

Yoga Flow is a dynamic style of class designed to build strength, balance and co-ordination whilst promoting flexibility.



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