

GROUP EXERCISE TIMETABLE

SEMESTER BREAK FROM MONDAY 16 AUGUST TO FRIDAY 10 SEPTEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|-----------------------------------|---------------|-----------------|----------|-----------------------------------|
| 7.15am | Cardio Blitz | Strength | Tabata | TRX HIIT | Strength and Conditioning Circuit |
| 12.15pm | Super Circuit | HIIT | Strength | TRX | Tabata |
| 12.15pm | Yoga* | Pilates* | | Yoga* | |
| 5.30pm | Strength and Conditioning Circuit | Super Circuit | Boxing Circuit# | Tabata | |
| 5:30pm | | | Pilates* | | |

All classes are 45 minutes. Maximum of 26 people in a class; 14 people in TRX.

Large towels are compulsory for Group Exercise and Gym.

*BYO mat for Yoga, Pilates and Mobility Fit.

#BYO boxing gloves, wraps and inner liners for Boxing Circuit

Class tickets are available 30 minutes prior to the start of the class. Please check in at reception at arrival for class locations. 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 - Friday 5:45am - 8pm
 Saturday 5:45am - 1pm
 Sunday 10am - 4pm

Pools close at:

Monday - Friday 6pm
 Saturday 12.30pm
 Sunday 3.30pm

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

Please ensure COVID-19 protocols are followed.

BOND UNIVERSITY SPORTS CENTRE GROUP EXERCISE CLASS GUIDE

CARDIO BLITZ

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

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

Mobility 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.

BOXING CIRCUIT

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.

PILATES

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.

STRENGTH

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 CIRCUIT

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!

SUPER CIRCUIT

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.

TABATA WORKOUT

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

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.

TRX® HIIT

A combination class consisting of TRX training and High Intensity training.

YOGA

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



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Bond University Sports Centre
Gold Coast, Queensland, 4229

+61 7 5595 4100
sportscentre@bond.edu.au
sport.bond.edu.au/bond-sports-centre