

# GROUP FITNESS & CYCLE TIMETABLES

## VIBE HEALTH CLUB BLACKTOWN

Level 4, Westpoint Shopping Centre, Blacktown 2148

(02) 9672 1200 | blacktown@vibehealthclub.com.au | [vibehealthclub.com.au](http://vibehealthclub.com.au)



### GROUP EXERCISE ROOM TIMETABLE

(Effective 01/07/20)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>TABATA / metafit</b> Robyn	<b>YOGA</b> Apiwan	<b>LES MILLS BODYSTEP</b> Matt G	<b>FITBOX</b> Penny	<b>LES MILLS BODYPUMP</b> Robyn		
8:30 AM						<b>LES MILLS BODYATTACK</b> Penny	
9:05 AM							<b>LES MILLS BODYPUMP</b> Alison
9:30 AM	<b>ZUMBA</b> Donna	<b>LES MILLS BODYATTACK EXPRESS</b> ▶▶30 Jasleigh	<b>LES MILLS BODYPUMP</b> Ally	<b>ZUMBA</b> Elena	<b>LES MILLS BODYPUMP</b> Jasleigh	<b>LES MILLS BODYSTEP</b> Alison	
10:00 AM		<b>LES MILLS CXWORX</b> Jasleigh					10:05 <b>YOGA</b> Sachin
10:30 AM	<b>LES MILLS BODYPUMP</b> Ally	<b>ZUMBA</b> Elena	<b>HIIT</b> Elena	<b>LES MILLS BODYBALANCE</b> Donna	<b>ZUMBA</b> Elena	<b>LES MILLS CXWORX</b> Alison	
11:00 AM	11:30 <b>YOGA</b> Lisa		<b>YOGA</b> Lisa		11:30 <b>YOGA</b> Roscilin	<b>LES MILLS BODYPUMP</b> Joanne	<b>ZUMBA</b> 11:05 Zen
12:00 PM			<b>GENTLE EXERCISE</b> Ally			<b>YOGA</b> Lisa	
1:00 PM						<b>ZUMBA</b> Zen	
5:00 PM	<b>metafit</b> HIIT TRAINING Alison	<b>LES MILLS BODYSTEP</b> Alison	<b>LES MILLS BODYPUMP</b> Alison	<b>LES MILLS BODYATTACK EXPRESS</b> ▶▶45 Alison			
5:30 PM	<b>LES MILLS CXWORX</b> Alison			<b>LES MILLS BODYPUMP EXPRESS</b> ▶▶45 5:45pm Alison	<b>YOGA</b> Clare		
6:00 PM	<b>HIITSTEP</b> Deb	<b>LES MILLS BODYBALANCE</b> Donna	<b>ZUMBA</b> Elena				
6:30 PM	<b>LES MILLS BODYPUMP EXPRESS</b> ▶▶45 Deb			<b>ZUMBA</b> 45 MIN Elena			
7:00 PM		<b>LES MILLS BODYPUMP</b> Penny	<b>LES MILLS BODYATTACK</b> Karen				
7:15 PM	<b>LES MILLS BODYATTACK</b> Ivan			<b>ZUMBA</b> 45 MIN Tabs			

### CYCLE ROOM TIMETABLE

(Effective 25/02/19)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		<b>LES MILLS RPM</b> Hayden					
7:30 AM							
9:30 AM	<b>Ride</b> Holly						
10:05 AM							<b>LES MILLS RPM</b> Alison
10:30 AM			<b>LES MILLS RPM</b> Ally			<b>LES MILLS RPM</b> 10:45am Hayden	
6:00 PM	<b>LES MILLS RPM</b> Sam	<b>LES MILLS RPM</b> Alison					

CLASS	DESCRIPTION	DURATION
 <b>LES MILLS BODYATTACK</b>	An intense calorie consuming interval workout that uses basic aerobic moves in a high energy format.	60 MINS, 45 MINS & 30 MINS
 <b>LES MILLS BODYPUMP</b>	A non-impact class designed to give your body a complete workout using barbells and weights to music. Burns calories and improves strength.	60 MINS & 45 MINS
 <b>LES MILLS BODYBALANCE</b>	The yoga, tai chi, Pilates workout that builds flexibility and strength leaving you feeling centred and calm.	60 MINS
 <b>LES MILLS BODYSTEP</b>	The ultimate step class – the world’s fastest way to tone butts and thighs. Have fun and get results fast!	60 MINS
 <b>LES MILLS CXWORX</b>	A 30 minute personal training inspired strength workout that trains the trunk muscles which stabilise the spine and load between the upper and lower limbs.	30 MINS
<b>FITBOX</b>	Get fit boxing! Awesome cardiovascular and strength workout. Great for calorie burning and improving your fitness.	60 MINS
 <b>HIITSTEP</b>	HIITSTEP is a new and innovative 30 minute HIIT exercise class using only bodyweight and a step. This class is accessible for a wide variety of fitness levels through progressions and regressions (options) provided by your HIITSTEP coach.	30 MINS
 <b>LES MILLS RPM</b>	Burn maximum calories as you work your way through hills, flats, mountain peaks, time trials and interval training. Fantastic for all levels.	45 MINS
 <b>V-Ride</b>	V-Ride is a fantastic freestyle stationary cycle workout. It is designed to build endurance and provides great cardiovascular training for performance fitness. V-Ride is led by one of our qualified group fitness instructors and guarantees variety in your cycle workout.	45 MINS
<b>TABATA/HIIT</b>	High intensity freestyle interval training!	30 MINS
<b>YOGA</b>	A flowing and meditative yoga class for healing and restoring balance within the body mind and spirit. Improve muscle tone, flexibility, strength and stamina.	60 MINS
 <b>ZUMBA®</b>	Fusion of fun hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.	60 MINS
 <b>metafit™</b> HIIT TRAINING	High intensity bodyweight workout, adaptable to all fitness levels. This class is a great functional and effective, metabolic workout.	30 MINS
<b>Gentle Exercise</b>	Low Intensity bodyweight exercises, aimed at beginner or more elderly people.	45 MINS

**NOTE: ALL OUR CLASSES ARE LIVE AND OUR INSTRUCTORS AND/OR CLASSES MAY CHANGE AT SHORT NOTICE DUE TO AVAILABILITY**

**GYM OPENING HOURS:**

**MONDAY – THURSDAY** 5:00 AM – 10:30 PM  
**FRIDAY** 5:00 AM – 9:00 PM  
**SATURDAY** 7:30 AM – 5:00 PM  
**SUNDAY** 9:00 AM – 4:00 PM

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**CHILDMINDING HOURS:**

**MONDAY:** 9:00am – 12:30pm & 4:00pm – 7:15pm  
**TUESDAY:** 9:00am – 12:30pm & 4:00pm – 7:00pm  
**WEDNESDAY:** 9:00am – 12:30pm & 4:00pm – 7:00pm  
**THURSDAY:** 9:00am – 12:30pm & 4:00pm – 7:30pm  
**FRIDAY:** 9:00am – 12:30pm  
**SATURDAY:** 8:00am – 1:00pm  
**SUNDAY:** N/A