

# 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 25/02/19)

| TIME     | MONDAY  | TUESDAY  | WEDNESDAY                             | THURSDAY   | FRIDAY                                | SATURDAY                             | SUNDAY                              |
|----------|---|--|---------------------------------------|--|---------------------------------------|--------------------------------------|-------------------------------------|
| 6:00 AM  | <b>TABATA / metafit</b><br>Robyn                        | <b>YOGA</b><br>Apiwan  | <b>LES MILLS BODYSTEP</b><br>Matt G   | <b>FITBOX</b><br>Penny                                       | <b>LES MILLS BODYPUMP</b><br>Robyn    |                                      |                                     |
| 8:30 AM  |   |  |                                       |  |                                       | <b>LES MILLS BODYATTACK</b><br>Penny |                                     |
| 9:05 AM  |   |  |                                       |  |                                       |                                      | <b>LES MILLS BODYPUMP</b><br>Alison |
| 9:30 AM  | <b>ZUMBA</b><br>Donna                                   | <b>LES MILLS BODYATTACK EXPRESS &gt;&gt;&gt;30</b><br>Jasleigh | <b>LES MILLS BODYPUMP</b><br>Elena    | <b>ZUMBA</b><br>Elena  | <b>LES MILLS BODYPUMP</b><br>Jasleigh | <b>LES MILLS BODYSTEP</b><br>Alison  |                                     |
| 10:00 AM |   | <b>LES MILLS CXWORX</b><br>Jasleigh                            |                                       |  |                                       |                                      | <b>YOGA</b><br>Stefana              |
| 10:30 AM | <b>LES MILLS BODYPUMP</b><br>Elena                      | <b>LES MILLS BODYPUMP</b><br>Rachael                           | <b>HIIT</b><br>Elena                  | <b>LES MILLS BODYBALANCE</b><br>Donna                        | <b>STRONG</b><br>Elena                | <b>LES MILLS CXWORX</b><br>Alison    |                                     |
| 11:00 AM |   |  | <b>YOGA</b><br>Lisa                   |  |                                       | <b>LES MILLS BODYPUMP</b><br>Brooke  |                                     |
| 12:00 PM |   |  |                                       |  |                                       | <b>YOGA</b><br>Lisa                  |                                     |
| 5:00 PM  | <b>metafit HIIT TRAINING</b><br>Alison                  | <b>LES MILLS BODYSTEP</b><br>Alison                            | <b>LES MILLS BODYPUMP</b><br>Alison   | <b>LES MILLS BODYATTACK EXPRESS &gt;&gt;&gt;45</b><br>Alison |                                       |                                      |                                     |
| 5:30 PM  | <b>LES MILLS CXWORX</b><br>Alison                       |  |                                       |  | <b>YOGA</b><br>Stefana                |                                      |                                     |
| 5:45 PM  |   |  |                                       | <b>LES MILLS BODYPUMP EXPRESS &gt;&gt;&gt;45</b><br>Alison   |                                       |                                      |                                     |
| 6:00 PM  | <b>HIITSTEP</b><br>Alison                               | <b>LES MILLS BODYBALANCE</b><br>Donna                          | <b>ZUMBA</b><br>Elena                 |  |                                       |                                      |                                     |
| 6:30 PM  | <b>LES MILLS BODYPUMP EXPRESS &gt;&gt;&gt;45</b><br>Deb |  |                                       | <b>ZUMBA</b><br>Elena  |                                       |                                      |                                     |
| 7:00 PM  |   | <b>LES MILLS BODYPUMP</b><br>Penny                             | <b>LES MILLS BODYATTACK</b><br>Evelin |  |                                       |                                      |                                     |
| 7:15 PM  | <b>LES MILLS BODYATTACK</b><br>Ivan                     |  |                                       |  |                                       |                                      |                                     |












### CYCLE ROOM TIMETABLE

(Effective 25/02/19)

| TIME     | MONDAY                      | TUESDAY                         | WEDNESDAY                    | THURSDAY | FRIDAY                          | SATURDAY                        | SUNDAY                         |
|----------|-----------------------------|---------------------------------|------------------------------|----------|---------------------------------|---------------------------------|--------------------------------|
| 6:00 AM  |                             | <b>LES MILLS RPM</b><br>Rachael |                              |          |                                 |                                 |                                |
| 8:00 AM  |                             |                                 |                              |          |                                 | <b>LES MILLS RPM</b><br>Rachael |                                |
| 9:30 AM  | <b>Ride</b><br>Holly        |                                 |                              |          |                                 |                                 |                                |
| 10:05 AM |                             |                                 |                              |          |                                 |                                 | <b>LES MILLS RPM</b><br>Alison |
| 10:30 AM |                             |                                 |                              |          | <b>LES MILLS RPM</b><br>Rachael |                                 |                                |
| 6:00 PM  | <b>LES MILLS RPM</b><br>Sam | <b>LES MILLS RPM</b><br>Alison  | <b>LES MILLS RPM</b><br>Cori |          |                                 |                                 |                                |

# CLASS INFORMATION

(Effective 5/2/18)

| CLASS   | DESCRIPTION   | DURATION                   |
|---|---|----------------------------|
|     | An intense calorie consuming interval workout that uses basic aerobic moves in a high energy format.  | 60 MINS, 45 MINS & 30 MINS |
|     | 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          |
|     | The yoga, tai chi, Pilates workout that builds flexibility and strength leaving you feeling centred and calm.   | 60 MINS                    |
|     | The ultimate step class – the world’s fastest way to tone butts and thighs. Have fun and get results fast!  | 60 MINS                    |
|     | 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                    |
|     | 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                    |
|     | Burn maximum calories as you work your way through hills, flats, mountain peaks, time trials and interval training. Fantastic for all levels.   | 45 MINS                    |
|   | 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                    |
|   | Fusion of fun hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.  | 60 MINS                    |
|   | High intensity bodyweight workout, adaptable to all fitness levels. This class is a great functional and effective, metabolic workout.  | 30 MINS                    |
|  | High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.   | 60 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