

Weekly Timetable

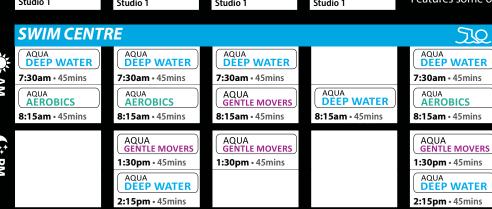
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Effec	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	U LIVE
Effective 24 March 2025	6:00am • 45mins Studio 1	C BODYPUMP 6:15am • 60mins Studio 1	6:15am • 45mins Cycle Studio	AM BODYPUMP 6:15am • 60mins Studio 1	6:00am • 45mins Studio 1	D BODYATTACK 7:10am • 45mins Studio 1	O GRIT CARDIO 7:15am • 30mins Studio 1	
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	6:45am • 30mins Studio 1	9.10am • 30mins Cycle Studio	EEEMILLS BODYPUMP 8:00am • 45mins Studio 1	9:10am • 45mins Studio 1	BODYBALANCE 8:15am • 45mins Studio 1	B:45am • 30mins Studio 1	9.15am • 30mins Studio 1	AM
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KEY



CLASS	DESCRIPTION	STUDENT FRIENDLY 10YRS+
LesMills RPM	Discover your athlete within! Ride the terrain with your inspiring cycling team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Sweat and burn to reach your endorphin high.	~
Sprint	30 minute High Intensity Interval Training (HIIT) workout using an indoor bike. A quick and hard style of training that returns rapid results with minimal joint impact.	✓
LesMills BODYPUMP	Be inspired to achieve real results in this all body workout with weights to challenge all major muscle groups. Great music, fantastic exercises!!	×
LesMills BODYATTACK	The powerful music will motivate you to get fit and fitter in this high energy interval training class combining athletic, strength and stabilisation exercises.	✓
tone	A great foundational class with a wide variety of options to suit all fitness levels. TONE is the optimal mix of strength, cardio and core training.	✓
	Strong, tight and toned core! Dynamic training for back, glutes, abs and obliques will leave you looking good and feeling strong.	✓
Lesmills BODYBALANCE	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.	✓
LesMills BODYCOMBAT	Strike, punch, kick your way through calories to superior cardio fitness. An energetic program, inspired by martial arts.	✓
	A high energy, cardio based workout which also builds strength and tones muscles. Perfect for anyone who loves to dance! Let the music move you!	✓
	30 minute High Intensity Interval Training (HIIT) sports conditioning workout. Using weights and body weight exercises to increase your overall strength, agility, speed and power.	×
CARDIO	High Intensity Interval Training (HIIT) workout to improve cardiovascular fitness, increase lean muscle and get results fast! This workout uses a variety of body weight exercises.	~
STRENGTH	30 minute High Intensity Interval Training (HIIT) workout Using barbell, weight plates and body weight exercises to improve strength, cardiovascular fitness and build lean muscle.	×
MATPILATES	Fantastic posture, strong core and stabilising muscles. Relaxation to finish.	✓
YOGA	Release tension and create steadiness and ease in body and mind, drawing on the roots of Hatha & Vinyasa yoga traditions with a combination of held and flowing postures. This class is perfect for all levels of yoga experience.	~
BOXFIT	High cardio workout for the whole body, for a strong, lean look.	×
AQUA AEROBICS	A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.	✓
AQUA DEEP WATER	A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.	✓
AQUA GENTLE MOVERS	A shallow water class which is suitable for all ages and clients are able to work at their own pace.	~

STAR plex at Trinity College

FITNESS CENTRE OPENING HOURS

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Monday–Friday 5.30am – 9.30pm // Saturday 7.00am – 5.00pm // Sunday 7.00am – 5.00pm *Check website/socials for public holiday times