CLASS TIMETABLE

NORTHS FITNESS

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH MODE 6:15am-6:45am	**BOXING** 5:45am-6:30am	**TAG TEAM** 6:15am - 7:45	**BOXING** 6:15am-7:00am	**CYCLE** 6:30am-7:15am	**BOXING** 7:00am-7:45am	**BODY PUMP™** LESMILLS 8:15am-9:00am
BODY PUMP™ LESMILLS 6:30am-7:15am	**RAPID FIRE** 6:15am-6:45am	**BODY PUMP™** LESMILLS 6:15am-7:00am	POWER PILATES 6:15am-7:00am	**TAG TEAM** 7:30am-8:00am	**BOOTCAMP** 8:00-8:45am	**BARRE ATTACK** 9:15am-10:00am
STRENGTH MODE 6:50am-7:20am	**RAPID FIRE** 6:50am-7:20am	**CYCLE** 6:30am-7:15am	**RAPID FIRE** 7:30am-8:00am	**AQUA** 8:30am-9:15am	**BODY ATTACK** LESMILLS 8:00am-8:45am	**POWER VINYASA** 9:15am-10:15am
PILATES 7:45am-8:30am	**AQUA** 8:30am-9:15am	**AQUA HIIT** 7:30am-8:15am	**AQUA** 8:30am-9:15am	**ZUMBA** 9:30am-10:15am	**CYCLE** 8:30am-9:15am	
AQUA 8:30am-9:15am	**AQUA** 9:30am-10:15am	**AQUA** NEW 8:30am-9:15am	**HATHA** 9:00am-10:00am	**AQUA** 9:30am-10:15am	**BODY PUMP™** LESMILLS 9:00am-9:45am	
BODY PUMP™ LESMILLS 8:45am-9:30am	**DANCE JAM** 9:30am-10:15am	**AQUA** 9:30am-10:15am	**BARRE** 9:15am-10:00am	**AQUA** 10:30am-11:15am	**AQUA** 9:30am-10:15am	
AQUA 9:30am-10:15am	**AQUA** 10:30am-11:15am	**DANCE FIT** 9:30am-10:15am	**AQUA** 9:30am-10:15am	**BALLET** 10:30am-11:30am	**PILATES** 10:00am-10:45am	
HATHA 10:00am-11:00am	**JAZZ** 10:30am-11:30am	**AQUA** 10:30am-11:15am	**AQUA** 10:30am-11:15am	**YOGA FLOW** 10:30am - 11:30am	**AQUA** 10:30am-11:15am	
AQUA 10:30am-11:15am	**PILATES** 10:30am - 11:15am	**YOGA FLOW** 10:30am-11:20am	**CARDIO & CONDITIONING** 10:30am-11:15am		**SALSATION** 11:00am-11:45am	
SALSATION 11:15am-12:00pm	**CARDIO & CONDITIONING** 11:30am-12:15pm	**BALLET BEGINNER** 10:30am-11:20am	**PULSES** 11:30am-12:15pm		**AQUA** 11:30am- 12:15pm	
PULSES 11:15am-12:00pm	**STRENGTH & BALANCE** 11:45am-12:30pm	**BALLET INTERMEDIATE** 11:30am-12:20pm				

AFTERNOON

ZUMBA 12:15pm-1:00pm	**RAPID FIRE** 12:30pm-1:00pm	**AQUA ZUMBA** 5:00pm-5:45pm	**TAP INTERMEDIATE** 12:30pm-1:20pm	**TAG TEAM** 12:30pm-1:00pm
MAX OUT 12:30pm-1:00pm	**HATHA** 4:15pm-5:15pm	**PULSES** 5:00pm-5:45pm	**THEATRE JAZZ** 1:30pm-2:20pm	
PULSES 5:00pm-5:45pm	**STEP** 5:30pm-6:15pm	**STRENGTH MODE** 6:00pm-6:30pm	**TAP BEGINNERS** NEW 2:30pm-3:20pm	
AQUA 5:30pm-6:15pm	**MAX OUT** 6:30pm-7:00pm	**PILATES** 6:30pm-7:15pm	**AQUA** 5:00pm-5:45pm	
BODY PUMP™ LESMILLS 6:15pm-7:00pm	**CYCLE** 6:30pm-7:15pm	**STRENGTH MODE** 6:35pm-7:05pm	**CYCLE** 6:00pm-6:45pm	
RAPID FIRE 6:30pm-7:00pm	**ZUMBA** 6:30pm-7:15pm		**MAX OUT** 6:00pm-6:30pm	
CYCLE 6:30pm-7:15pm				
FLEX & STRETCH 7:15pm-8:00pm				

VIRTUAL GROUP FITNESS

AVAILABLE IN PERSON AND VIA VIRTUAL STREAMING

N ZONE
BY NORTHS FITNESS

FUNCTIONAL TRAINING
MAX OUT |RAPID FIRE |TAG TEAM
STRENGTH MODE

CARDIO & STRENGTH · MIND & BODY · DANCE · WATER AEROBICS · SENIORS · CYCLE · FUNCTIONAL TRAINING · OUTDOOR CLASSES

*CLASSTIMETABLE IS SUBJECT TO CHANGE

CLASS DESCRIPTIONS

AQUA

Low impact cardiovascular workout. Great for people who have joint problems or impact related injuries

AQUA HIIT

Class runs at a higher intensity and faster pace. A varitation of the regular AQUA classes for those who want a challenge.

AQUA ZUMBA ®

High energy, low impact water based workout that fuses the fun and rhythms of Zumba with the resistance of water.

BALLET BEGINNER

Basic class that introduces the student to the elementary positions of classical ballet.

BALLET INTERMEDIATE

Class ideal for improving core strength, posture, grace and muscle tone.

BARRE

Hybrid workout class that combines ballet-inspired moves with elements of Pilates, Dance, Yoga and Strength training.

BARRE ATTACK

Hybrid workout class that combines ballet-inspired moves with elements of Pilates, Dance, Yoga and Strength training.

BODY ATTACK™ *LES MILLS*

High energy hit of cardio set to music. Improve muscle tone, build core strength, get fit and flexible.

BODY PUMP™ *LES MILLS*

Challenge all of your major muscle groups by using the best weight exercises - expect squats, presses, lifts and curls.

BOXING

Fun high intensity workout! Improving boxing technique using footwork drills, partner drills & pad work. For all levels, no boxing experience is necessary.

CARDIO & CONDITIONING

Incorporating all elements of fitness. Increase your cardio fitness, build strength and improve your balance and flexibility.

CYCLE

Cardio intensive free styling cycle workout.

DANCE FIT

Fun cardio workout with easy to follow steps. Movements build throughout the class. Improve coordination, fitness, train your brain. No dance experience needed.

FLEX & STRETCH

Perfect for improving your mobility during everyday tasks as well as preventing injuries caused by muscle fatigue.

HATHA YOGA

Practiced at a slower pace, with focus on breath, controlled movements and stretching. Incorporating basic poses and relaxation techniques.

PILATES

Total body workout, with powerful cross-training benefits. Focusing on strength, mobility, endurance, body alignment and breath control.

POWER PILATES

More challenging version of Pilates exercises but with more controlled movements, intensity and variations.

PULSES

Low impact, effective aerobic movements designed for seniors. Part of the Cardiac Rehab program at Royal North Shore Hospital.

N-ZONE - MAX OUT

High-intensity class designed to maximise your time. Three intense 6-minute rounds keep you moving the entire session.

N-ZONE - RAPID FIRE

Fast paced EMOM (Every Minute on the Minute) workout designed for maximum efficiency. Complete a set of exercises every minute for 4 minutes, then repeat for 6 rounds.

N-ZONE - STRENGTH MODE

A mix of functional exercises that challenge multiple muscle groups at once, supporting muscle development and a higher daily energy output.

N-ZONE - TAG TEAM

Dynamic partner workout designed to keep you moving. Work together to complete as many rounds as possible within the time limit.

BOOTCAMP

High energy mix of strength, conditioning and athletic movement that keeps you fired up from start to finish.

SALSATION ®

The combination and mix of different rhythms, cultures, dances and fitness protocols. Let the rhythm takeover with expressive, feel-good movements that leave your body feeling amazing.

STEP

Cardiovascular workout with a raised platform (step) to perform choreographed movements. A low-impact class built to improve cardiovascular health, strength and give you a boost in energy.

STRENGTH & BALANCE

Designed for our seniors to keep active, social and fit. This class focuses on improving strength, balance, mobility and general wellbeing.

TAP (BEGINNER)

Dancers will learn a variety of steps that focus on timing, musicality and rhythm. Most tap classes follow a similar structure including a warm-up, across the floor progressions and a center combination.

TAP (INTERMEDIATE)

Class starts with the basic steps before progressively moving to more advanced routines than our beginner class.

THEATRE JAZZ (BEGINNER)

A musical theatre inspired class featuring a warm up, strength and flexibility work, across the floor progressions, and a fun, theatrical routine to finish.

YOGA FLOW

A flowing vinyasa class that links breath with movement, guiding you through a steady, gentle, continuous sequence.

ZUMBA ®

A high energy dance workout inspired by Latin and global rhythms, bringing a fun, party like atmosphere with a powerful cardio burn.

SCAN THE QR CODE TO BOOK YOUR NEXT CLASS!