




























JUNE

MAIN STUDIO CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Larry 7:30-8:00			 Rahul 7:00-8:00	 Rahul 7:00-8:00		
 Rania 8:30-9:20	 Rania 8:30-9:20	 Nikola 8:30-9:30	 Michelle 8:30-9:30	 Michelle 8:30-9:20		 Rania 9:00-9:50
 Rania 9:30-10:00	 Rania 9.35-10:35	 Nikola 9:40-10:40	 Erick 09:35-10:25	 Nikola 9:30-10:30	 Erick 10:00-10:50	 Rania 10:00-11:00
 Rahul 10:30-11:30	 Rahul 10:45-11:45			 Erick 10:40-11:30	 Michelle 11:00-12:00	6-12yrs Kids Boxing Ernesto 15:00-15:45
					 Michelle 12:10-13:00	KICK BOXING Ernesto 16:00-17:00
 Erick 17:00-17:50	 Erick 17:00-17:50	 Erick 17:00-17:50		 Alice 17:00-18:00		HIIT. Ernesto 17:15-17:45
	 Michelle 18:00-19:00		BARRE Alice 18:00-19:00	KICK BOXING Ernesto 18:00-19:00		
 Rahul 19:30-20:30	 Michelle 19:10-20:00					 Rahul 19:30-20:30



BODY & MIND



SHAPE



CARDIO



HIIT



YOUTH



Talise
Wellness



Talise
Fitness



Talise
Fitness

TALISE
FITNESS

DISCOVER YOUR INNER POTENTIAL

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JUNE

THE HUB / POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MASTER SWIMMING Urban 7:00-8:00		MASTER SWIMMING Urban 7:00-8:00	LES MILLS GRIT Larry 7:30-8:00		
TALISE Power Fit Larry 8:15-9:00	TALISE Power Fit Larry 8:15-9:00	WOD Larry 8:15-9:00	WOD Alice 8:15-9:00	WOD Eric 8:15-9:00		
TRX Larry 9:15-10:00	MASTER SWIMMING Urban 8:30-9:30	TRX Larry 9:15-10:00	MASTER SWIMMING Urban 8:30-9:30		STRENGTH AND CONDITIONING CIRCUIT Alice 9:00-10:00	
WOD STRENGTH Alice 18:10-19:00	WOD CARDIO Alice 18:10-19:00	WOD Eric 18:10-19:00				
		MASTER SWIMMING Urban 19:00-20:00				

 BODY & MIND
 SHAPE
 CARDIO
 HIIT
 YOUTH



TALISE
FITNESS

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GX CLASSES DESCRIPTION

CARDIO – Improve your cardiovascular system and burn calories

ZUMBA A fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, salsa, reggae ton, mambo, rumba, flamenco, and hip hop. You could burn between 350 to 800 calories per class; it all depends on how you exert yourself!

BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

MASTER SWIMMING Our qualified swimming coaches will direct you with a 4 strokes training plan that will build you endurance strength and swimming skills.

SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits. SH'BAM™ is the ultimate fun and sociable way to exercise.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

KICKBOXING is conditioning workout using kick boxing techniques and training methods.

SHAPE – Sculpt and strengthen your muscles and change the shape of your body

BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Using barbells, this class will sculpt tone and strengthen your entire body.

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

TRX is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. TRX group class is a complete body workout that builds power, strength, flexibility, balance, mobility and core stability.

TALISE POWER FIT is a fusion of intense short Cardio Vascular and Functional Training exercises. Using the most innovative tools TRX, ViPR, Kettlebell's the class is incorporating many different styles of training, including strength, core, cardio, speed, agility and flexibility in a fun outdoor environment.

WOD is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve strength and increase cardiovascular fitness.

BOOTCAMP is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition. A fun-filled class for all fitness levels.

HIIT (High Intensity Interval Training) - Burn more calories in a shorter period of time

HIIT is a 30-minute High Intensity workout designed to increase cardiovascular fitness, improve body tone and burn fat.

GRIT Scientifically proven LES MILLS GRIT™ works. Set new fitness goals – then smash them! Put your metabolism into overdrive, burning calories for hours after the workout. Forget hours of training – 30 minutes are all it takes.

BODY & MIND – Release stress, improve flexibility and strengthen your core

YOGA Unify the mind, the body and the breath, beneficial for everyone. Improve flexibility and balance.

PILATES is a workout that focuses on postural alignment and improving core strength.

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance

YOUTH – develop confidence and grow fundamental skills

KIDS CLASSES Our kid's classes work on developing fitness levels from a young age, making kids more active and leading a healthy lifestyle.

