

JUNE

STUDIO CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TALISE Power Fit</b> 7:00-7:45 Sajad	<b>LES MILLS sprint + CORE</b> 7:05-7:55 Hany	<b>TALISE Power Fit</b> 7:00-7:45 Sajad	<b>YOGALATES</b> 7:00-7:55 Asja	<b>TALISE Power Fit</b> 7:00-7:45 Roma		
<b>YOGA</b> 8:00-9:00 Vijay	<b>LES MILLS BODYPUMP</b> 8:00-9:00 Anna		<b>LES MILLS RPM</b> 8:00-8:50 Greg	<b>LES MILLS RPM</b> 8:00-8:50 Greg	<b>DETOX CORE</b> 9:00-9:30 Hany	
<b>ZUMBA fitness</b> 9:05-10:00 Erick	<b>LES MILLS BODYBALANCE</b> 9:05-10:05 Anna	<b>ZUMBA fitness</b> 9:05-10:00 Erick	<b>LES MILLS CXWORX</b> 9:05-9:35 Rania	<b>LES MILLS BODYPUMP</b> 9:00-10:00 Rania	<b>LES MILLS GRIT</b> 9:35-10:05 Hany	<b>LES MILLS sprint</b> 09:10-9:40 Hany
<b>POWER Pilates</b> 10:05-11 Asja	<b>Pilates</b> 10:10-11:05 Nikola	<b>POWER Pilates</b> 10:05-11 Asja	<b>totalbarre</b> 10:05-11:00 Asja	<b>LES MILLS BODYBALANCE</b> 10:10-11:05 Anna	<b>LES MILLS RPM</b> 10:10-11:00 Emma	<b>CORE</b> 09:45-10:30 Hany
	<b>LES MILLS BODYPUMP</b> 17:00-18:00 Nikola	<b>LES MILLS BODYBALANCE</b> 17:00-18:00 Nikola	<b>CORE</b> 17:00-17:45 Hany	<b>BOOTCAMP</b> 17:00-17:50 Roma	<b>LES MILLS BODYBALANCE</b> 11:10-12:05 Emma	<b>ZUMBA fitness</b> 17:00-17:55 Erick
<b>Pilates</b> 18:00-19:00 Asja	<b>LES MILLS tone</b> 18:10-19:00 Nikola	<b>LES MILLS BODYPUMP</b> 18:05-19:05 Michelle	<b>LES MILLS GRIT</b> 17:45-18:15 Hany	<b>LES MILLS BODYPUMP</b> 18:00-19:00 Nikola	<b>ZUMBA fitness</b> 16:00-16:55 Erick	<b>CORE</b> 18:10-19:00 Shastri
<b>BOOTCAMP</b> 19:10-20:00 Roma	<b>LES MILLS RPM</b> 19:10-20:00 Emma	<b>ZUMBA fitness</b> 19:10-20:05 Erick	<b>LES MILLS sprint + CORE</b> 18:20-19:05 Hany	<b>LES MILLS BODYBALANCE</b> 19:10-20:10 Nikola	<b>WOD</b> 17:00-18:00 Branko	
	<b>YOGA</b> 20:10-21:10 Vijay		<b>YOGA</b> 19:10-20:10 Vijay			

-  HIIT
-  CARDIO
-  SHAPE
-  BODY & MIND

INDOOR GYM	BEACH	VIRTUAL	INDOOR SWIMMING POOL
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<b>TRX</b> 9:15-10:00 Alisher	<b>MASTERS SWIM (adults only)</b> 9:00-10:00 Atanas	<b>MASTERS SWIM (adults only)</b> 8:00-9:00 Atanas		<b>MASTERS SWIM (adults only)</b> 8:00-9:00 Atanas		<b>MASTERS SWIM (adults only)</b> 9:00-10:00 Atanas
<b>LES MILLS CXWORX</b> 6:00-6:35		<b>TRX</b> 8:00-8:45 Alisher		<b>AQUA AEROBICS</b> 9:00-9:50 Erick		<b>LES MILLS BODYCOMBAT</b> 7:00-7:55
<b>LES MILLS RPM</b> 11:15-12:05		<b>LES MILLS BODYCOMBAT</b> 8:00-8:55	<b>LES MILLS BODYCOMBAT</b> 6:00-6:55	<b>LES MILLS BODYBALANCE</b> 6:00-6:55	<b>LES MILLS BODYBALANCE</b> 7:05-8:00	<b>LES MILLS BODYBALANCE</b> 8:00-9:00
<b>LES MILLS BODYPUMP</b> 12:10-13:10	<b>LES MILLS BODYBALANCE</b> 6:00-6:55	<b>LES MILLS BODYPUMP</b> 11:10-12:10	<b>LES MILLS RPM</b> 11:10-12:00	<b>LES MILLS RPM</b> 11:15-12:05	<b>LES MILLS RPM</b> 8:05-8:55	<b>LES MILLS BODYPUMP</b> 11:10-12:10
<b>LES MILLS CXWORX</b> 13:15-13:45	<b>LES MILLS BODYCOMBAT</b> 11:15-12:10	<b>LES MILLS RPM</b> 12:15-13:05	<b>LES MILLS BODYPUMP</b> 12:10-13:10	<b>LES MILLS BODYPUMP</b> 12:10-13:10	<b>LES MILLS BODYPUMP</b> 12:15-13:15	<b>LES MILLS CXWORX</b> 12:15-12:45
<b>LES MILLS RPM</b> 16:00-16:50	<b>LES MILLS BODYPUMP</b> 12:15-13:15	<b>LES MILLS BODYBALANCE</b> 13:10-14:05	<b>LES MILLS CXWORX</b> 13:15-13:45	<b>LES MILLS BODYBALANCE</b> 13:10-14:05	<b>LES MILLS BODYCOMBAT</b> 13:20-14:15	<b>LES MILLS BODYBALANCE</b> 13:00-13:55
<b>LES MILLS BODYPUMP</b> 17:00-17:50	<b>LES MILLS RPM</b> 13:20-14:10	<b>LES MILLS CXWORX</b> 16:00-16:30	<b>LES MILLS BODYBALANCE</b> 16:00-16:55	<b>LES MILLS BODYCOMBAT</b> 16:00-16:50	<b>LES MILLS BODYBALANCE</b> 18:10-19:05	<b>LES MILLS BODYBALANCE</b> 16:00-16:55
<b>LES MILLS BODYBALANCE</b> 20:15-21:10	<b>LES MILLS CXWORX</b> 16:05-16:35	<b>LES MILLS BODYPUMP</b> 20:15-21:10	<b>LES MILLS BODYCOMBAT</b> 20:15-21:10	<b>LES MILLS RPM</b> 20:20-21:10	<b>LES MILLS RPM</b> 19:15-20:05	<b>LES MILLS BODYPUMP</b> 19:10-20:10
<b>LES MILLS BODYPUMP</b> 21:20-22:20	<b>LES MILLS BODYPUMP</b> 21:15-22:15	<b>LES MILLS BODYBALANCE</b> 21:15-22:10	<b>LES MILLS RPM</b> 21:15-22:05	<b>LES MILLS CXWORX</b> 21:15-21:45	<b>LES MILLS BODYCOMBAT</b> 20:10-21:05	<b>LES MILLS BODYBALANCE</b> 20:15-21:10
<b>LES MILLS RPM</b> 22:30-23:20	<b>LES MILLS BODYCOMBAT</b> 22:30-23:25	<b>LES MILLS CXWORX</b> 22:15-22:45	<b>LES MILLS BODYPUMP</b> 22:15-23:15	<b>LES MILLS BODYPUMP</b> 22:00-23:00	<b>LES MILLS BODYPUMP</b> 21:15-22:15	<b>LES MILLS RPM</b> 21:15-22:05

## GX CLASSES DESCRIPTION

### CARDIO – Improve your cardiovascular system and burn calories

**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.

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

**RPM™** 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.

**LES MILLS TONE™** is the total body workout combing 25-min of low-impact cardio with band work for strength, core, back and abs. Burn fat, tone and shape your muscles.

**ZUMBA** is 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 700 calories per class; it all depends on how you exert yourself!

**AQUA AEROBICS** low impact workout using water as resistance. It's an ideal exercise that avoids undue stress on the joints.

### 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.

**CORE** is 30min or 45min workout that targets the mid-section of your body and gets you results where it counts the most.

**DETOX** is a signature class designed by Talise Fitness which focuses on detoxing the body. Sweat out toxins and cleanse yourself internally. This class is followed by a complementary detox drink in our Talise Café along with healthy nutrition tips.

**TRX** is a revolutionary method of leveraged body weight exercise, using the TRX suspension trainer. 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.

**BOOTCAMP** is a mix of intense short Cardio Vascular and Functional Training exercises designed to increase cardiovascular fitness and improve body condition.

**WOD** (Workout Of Day) is a full body conditioning class. This Cross Fit inspired workouts that will kick start your metabolism. Will improve core strength and increase cardiovascular fitness.

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

**SPRINT™** is a 30-min HIIT workout, using an indoor bike to achieve fast results.

It's a quick and hard style of training that returns rapid results with minimum joint impact.

**GRIT SERIES** 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

**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.

**TOTAL BARRE** is a one hour, mindful intense class with seamless flow that incorporates both dynamic and isometric movements that work deep into the muscles building power, physical grace and stamina.

**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.

**YOGALATES** combines best from Yoga & Pilates. This mix workout will improve core strength and flexibility.