



101 Redfern Street Cowra NSW

Phone: 63426007

Group Fitness Timetable

Spring 2025 (September 1st – December 19th)

STUDIO 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am					CORE Claire	
6:00am		BODYPUMP Kirsty	GRIT Kris/Claire	BOXERCISE Claire		BOXERCISE Claire
9:00am				YOGA Di		
4:45pm			EXPRESS BODYPUMP Mel			
5:00pm	BODYPUMP Mel/Jess					
5:30pm			BODYBALANCE Lisa			
6:00pm	YOGA Di					
RPM STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	RPM Claire				RPM Kris	
6:30am			EXPRESS RPM Kris			
7:00am						EXPRESS RPM Mel
5:30pm		EXPRESS RPM Jess				

BODYPUMP- is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Get the results you came for fast!

BODYBALANCE- is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Bring your yoga mat and begin the journey.

CORE- based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. This workout will leave you looking good and feeling strong, whilst taking your abs to the next level.

GRIT- is a 30-minute high intensity interval training workout that takes you into overdrive. A full body workout that will increase your aerobic capacity, strength, muscular endurance, metabolism and power.

BOXERCISE- is practiced with a free-standing kickboxing bag. The 'Rounds' implemented include Boxing, Muay Thai and Kickboxing through simple combinations, intense and dynamic, 45-minute workout.

RPM- is the indoor cycling routine workout where you ride to the rhythm of powerful music.

YOGA- promotes mental and physical health by focusing on body and mind, so an ideal, low impact workout option to try if you're feeling run down and need to restore energy.

Making the Cowra community a healthier place!