

CLASS DESCRIPTION

BoxFit – a high intensity session designed to burn fat fast! Learn the basics of boxing drills in a fitness based session utilising gloves & focus mitts, with intervals of bodyweight exercises. BoXing is also available in a 30 minute express, small group training session in our FX Zone.

Core – an express blast to get your core really sore. Strengthen your abs, glutes & thighs, and develop a strong mid-section in a minimal amount of time. Core-X is also available in a small group training session in our FX Zone.

Cycle – Burn calories, build lean muscle definition and improve your cardio, endurance and aerobic fitness. Just a few benefits that you will experience as a result of attending indoor cycling classes. Low impact to the joints while burning max calories and boosted cardiovascular fitness. Suitable for all levels of fitness, you control the resistance on your bike.

Fit&Well – a low impact and low intensity, introductory class for beginners, seniors, or those who are recovering from an injury or medical condition in a fun, relaxed format.

HI CIRCUIT (High Intensity Circuit) – improve muscle strength and cardiovascular fitness with dynamic movements, resistance and heart pumping cardio drills. Your training threshold will be tested with minimal rest and maximum effort! Over time you'll experience different types of circuit training in a fun group setting.

Les Mills BODYATTACK™ – a sports-inspired cardio workout by Les Mills. A high energy interval training class combining athletic aerobic movements with strength and stabilisation exercises. Perfect for those who want to build strength, stamina, speed, coordination and overall fitness.

Les Mills BODYPUMP™ – the original Les Mills barbell class that will sculpt, tone and strengthen the entire body. Individual choice of weights and high repetition movements inspire participants to burn fat, gain strength, build lean muscle and get results, fast!

Pilates – Designed to lengthen and strengthen the body through a series of floor base exercises, breathing patterns and use of props. Targets the deep postural muscles of the core and designed to strengthen and enhance muscular control, and improve posture.

X-treme – a high intensity small group training session designed to work on strength, agility, speed and power to enhance overall performance and burn fat. Suitable for all fitness levels and a guaranteed heart pumper.

Yoga – increase your mobility and flexibility with gentle stretches, postures and poses. Yoga also increases muscle strength, builds stamina and lengthens the entire body. For those looking for more than just a physical workout, this is a great way to connect your mind and body.

ZUMBA® – aerobic dancing that combines Latin and International music with a fun and effective workout.

ZUMBA GOLD® – the easy-to-follow program that lets you move to the beat at your own speed. It's a community oriented dance-fitness class that is fun and will make you feel invigorated!

FREE GYM ORIENTATION

Stay motivated and try our group exercise classes, and feel free to see our friendly staff for support and book a complimentary gym orientation.

GYM ORIENTATION*

- Complimentary 30 minute introduction with our gym floor staff
- Guided tour of our gym showcasing different training zones and amenities
- Brief equipment demonstration, useful tips and safety precautions

*Terms & conditions apply

GOLDEN STANDARDS

- Book via DOOLEYS Health+Fitness phone App to secure your spot
- Bring water and use a towel at all times
- Disinfect equipment before and after use
- Sanitise hands before and after entering and exiting room
- Please check in with gym staff to mark off your class attendance

OPENING HOURS

MONDAY TO THURSDAY
5:30am to 11:00pm

FRIDAYS
5:30am to 10:00pm

WEEKENDS
7:00am to 9:00pm

CLOSED GOOD FRIDAY AND CHRISTMAS DAY

COMMENCING 1ST MARCH 2024

DOOLEYS
healthfitness

Autumn

GROUP FITNESS TIMETABLE




HOW TO BOOK YOUR GROUP FITNESS CLASS:

1. Download the DOOLEYS Health + Fitness App via the App Store
2. Click Forgot Password or Create a New Account
3. Sign in via the DHF App
4. Click "See All" to view our timetable
5. Click "Book" next to the class you wish to attend

ABOUT YOUR CLASS BOOKING:

- Classes can be booked a maximum of 2 hours before it commence via the app
- Cancellation will close 20 minutes before class start time. If you cannot attend, cancel through the app or call us on 87456202
- If you book a class, do not cancel at least 20mins before class start time and do not attend, there will be a 24 hour class booking suspension on your account.
- If you are running 5 or more minutes late, your spot may be lost.
- Further conditions apply, see the back of the timetable or visit Gym reception for details

GROUP EXERCISE TIMETABLE - AUTUMN 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00am – 6.45am HI CIRCUIT	6.00am – 6.45am CYCLE			8.00am – 9.00am CYCLE	8.00am – 9.00am YOGA
9.30am – 10.30am LES MILLS BODYPUMP™	10.00am – 11.00am ZUMBA GOLD	9.30am – 10.30am PILATES	9.30am – 10.30am HI CIRCUIT	9.30am – 10.30am YOGA	9.00am – 10.00am HI CIRCUIT	9.00am – 10.00am ZUMBA
11.00am – 12.00pm FIT&WELL	11.00am – 12.00pm SENIOR PILATES		11.00am – 12.00pm ZUMBA GOLD	11.00am – 12.00pm FIT&WELL	10.00am – 11.00am PILATES	10.00am – 11.00am LES MILLS BODYPUMP™
5.45pm – 6.45pm BOXFIT	5.45pm – 6.45pm HI CIRCUIT	5.45pm – 6.45pm YOGA	5.45pm – 6.45pm LES MILLS BODYPUMP™	5.45pm – 6.45pm HI CIRCUIT		
6.45pm – 7.15pm CORE BLAST	6.45pm – 7.45pm ZUMBA	6.45pm – 7.45pm LES MILLS BODYPUMP™	6.45pm – 7.45pm ZUMBA			
7.15pm – 8.00pm LES MILLS BODYATTACK™	7.45pm – 8.45pm YOGA	7.45pm – 8.45pm ZUMBA	7.45pm – 8.45pm PILATES			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.20am – 7.00am X-treme			6.20am – 7.00am X-treme			
	8.45am – 9.15am BoXing					
	9.30am – 10.10am X-treme					9.10am – 9.50am X-treme
10.30am – 11.10am X-treme	10.20am – 10.50am Core-X	10.30am – 11.10am X-treme	10.30am – 11.00am Core-X	10.30am – 11.10am X-treme	10.10am – 10.50am X-treme	
5.50pm – 6.30pm X-treme	5.50pm – 6.30pm X-treme	5.50pm – 6.30pm X-treme	5.50pm – 6.30pm X-treme			
6.50pm – 7.30pm X-treme	6.45pm – 7.15pm Core-X	6.50pm – 7.30pm X-treme	6.45pm – 7.15pm BoXing	6.45pm – 7.15pm Core-X		

PLEASE NOTE: all classes are subject to change for any reason, at any time without notice. A place in class is not guaranteed as spaces are limited in accordance with our booking system and capacity limits. Members may not be allowed entry if arriving 5 or more minutes late. Advertised class times may allow for class transition time as well. For any pre-existing medical conditions, consult your health care practitioner first and advise the instructor before the class starts. Terms and conditions apply, please see gym staff for more details.