

## CLASS DESCRIPTION

**BoXing** – learn the basics of boxing drills in a small group session utilising gloves & focus mitts, with intervals of bodyweight exercises in a 30 minute express format designed to burn fat fast!

**CoreX** – 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.

**Cycle/RPM** – 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 BODYCOMBAT™** – is a high-energy martial arts-inspired workout that is totally non-contact and no complex moves to master. Punch and kick your way to fitness and burn calories with no experience needed. Release stress, have a blast and feel like a champ.

**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!

**Mobility** – combine exercises that increase the range of motion, stabilisation, and control within your joints and surrounding muscles. Mobility training focuses on exercises and movements that prioritise flexibility, balance, and strength that are fundamental to daily life.

**Pilates** – Designed to lengthen and strengthen the body through a series of floor based 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.

**Les Mills Virtual** – is a cinematic version of our live LM classes (offering many more LM programs) when there are no live classes on the timetable at times suitable to member's schedule or lifestyle. Designed for members who cannot get access to our live classes or who want a taste of LM classes before participating in a live class with an instructor.

**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 AND SUPPORT\*

**Stay motivated! Try our group exercise classes and feel free to see our friendly staff to book a complimentary Gym Orientation or Support30.**

- 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
- Ongoing support and Tanita scan with our gym floor staff (every 6-8 weeks)
- Book via App or enquire at reception

\*Terms & conditions apply

## LES MILLS VIRTUAL ON-DEMAND

We offer **On-Demand Virtual classes** outside times where there are no live or pre-scheduled virtual classes on our timetable. It is an easier and more convenient way to train on your terms and own schedule. Our friendly staff can show you how to select a class of your choice.

## GOLDEN STANDARDS

- Book via App or call 87456202 to secure your spot in class
- Bring water and use a towel at all times
- Please check in with gym staff to mark off your class attendance
- Disinfect equipment before and after use

## OPENING HOURS

### MONDAY TO THURSDAY

5:30am to 12:00am

### FRIDAYS

5:30am to 10.00pm

### WEEKENDS

7:00am to 10:00pm

**CLOSED GOOD FRIDAY AND CHRISTMAS DAY**

## COMMENCING 1<sup>ST</sup> DECEMBER 2025

DOOLEYS  
healthfitness

# SUMMER



## GROUP FITNESS TIMETABLE

### HOW TO BOOK YOUR GROUP FITNESS CLASS:

1. Scan QR CODE to download App
2. Get: Technogym Training Coach
3. Open and follow prompts
4. Forget Password or Create a New Account
5. Once signed in remain on DOOLEYS home page
6. Click on CLASSES to view and book

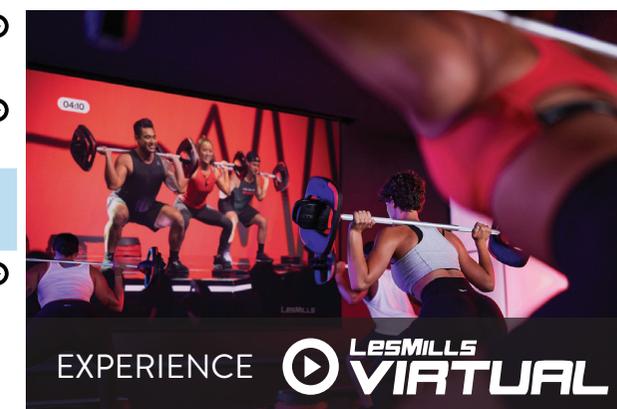
### ABOUT YOUR CLASS BOOKING:

- Classes can be booked a maximum of 2 hours before it commences 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 - LIVE AND VIRTUAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am – 7.00am HI CIRCUIT	6.00am – 7.00am LES MILLS BODYPUMP™	5.45am – 6.45am VIRTUAL - RPM	5:45am – 6:45am VIRTUAL - BODYCOMBAT™	5:45am – 6:45am VIRTUAL - BODYBALANCE	8.00am – 9.00am CYCLE/RPM	8.00am – 9.00am YOGA
8.45am – 9.15am VIRTUAL - BODY ATTACK	9.15am – 10.00am LES MILLS BODYCOMBAT™	9.15am – 10.15am PILATES	9.15am – 10.00am HI CIRCUIT	8.45am – 9.15am VIRTUAL - BODY ATTACK	9.00am – 10.00am HI CIRCUIT	9.00am – 10.00am ZUMBA
9.30am – 10.30am YOGA	10.00am – 11.00am SENIOR PILATES	10.15am – 10.45am MOBILITY	10.00am – 11.00am SENIOR PILATES	9.30am – 10.30am LES MILLS BODYPUMP™	10.00am – 11.00am PILATES	10.00am – 11.00am LES MILLS BODYPUMP™
11.00am – 12.00pm FIT&WELL	11.00am – 12.00pm ZUMBA GOLD	11.00am – 12.00pm FIT&WELL	11.00am – 12.00pm ZUMBA GOLD	10.30am – 11.30am VIRTUAL - BODYBALANCE	5.00pm – 5.45pm VIRTUAL - BODYBALANCE	5.00pm – 5.45pm VIRTUAL - BODY ATTACK
4.00pm – 4.30pm VIRTUAL - THE TRIP	12.15pm – 1.00pm VIRTUAL - DANCE	12.15pm – 1.15pm VIRTUAL - BODYBALANCE	4.00pm-4.50pm VIRTUAL - RPM	4.00pm – 5.00pm VIRTUAL - BODY ATTACK	5.00pm – 5.30pm VIRTUAL - GRIT STRENGTH	
5.00pm – 5.30pm MOBILITY	4.00pm-4.50pm VIRTUAL - RPM	4.00pm – 5.00pm VIRTUAL - BODYPUMP™	5.15pm – 5.40pm VIRTUAL - BODYPUMP™ TUTORIAL	5.00pm – 5.30pm VIRTUAL - GRIT STRENGTH		
5.30pm – 6.30pm PILATES	5.30pm – 6.30pm HI CIRCUIT	5.30pm – 6.30pm YOGA	5.45pm – 6.45pm LES MILLS BODYPUMP™	5.45pm – 6.45pm HI CIRCUIT		
6.30pm – 7.30pm LES MILLS BODYPUMP™	6.30pm – 7.30pm ZUMBA	6.30pm – 7.30pm LES MILLS BODYCOMBAT™	6.45pm – 7.45pm ZUMBA	6.45pm – 7.30pm VIRTUAL - DANCE		
7.30pm – 8.15pm LES MILLS BODYCOMBAT	7.30pm – 8.30pm YOGA	7.30pm – 8.30pm ZUMBA	7.45pm – 8.45pm PILATES			



## FX ZONE - SMALL GROUP TRAINING SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30am – 11.10am X-treme	10.10am – 10.40am Core-X	10.20am – 11.00am X-treme	10.10am – 10.40am Core-X	10.30am – 11.10am X-treme	10.10am – 10.50am X-treme	9.10am – 9.50am X-treme
	5.00pm – 5.30pm Core-X					
5.50pm – 6.30pm 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	5.50pm – 6.30pm X-treme
6.50pm – 7.30pm X-treme	6.45pm – 7.15pm BoXing	6.45pm – 7.15pm Core-X	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.