

# Group Fitness Schedule

EFFECTIVE MAY 26, 2025

Please check the app for our most up-to-date schedule

Online sign-up required for all classes

Contact [laura@adelaidclub.com](mailto:laura@adelaidclub.com) for access

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-7:45 <sup>am</sup> STRONG 45 Larysa (P/S)	7-7:45 <sup>am</sup> OPTIMIZE IN 45 Larysa (P/S)	New Instructor 7:30-8:15 <sup>am</sup> ADELAIDE CIRCUIT Sydney (P/S)	7:30-8:15 <sup>am</sup> HIIT IN 45 Nima (P/S)	7:15-8 <sup>am</sup> PILATES FIIT Lexi (Flow)	9:45-10:30 <sup>am</sup> PILATES FIIT Lexi (Flow)	
	11:30 <sup>am</sup> -12:15 <sup>pm</sup> STEP & PUMP II Renata (P/S)	11-11:45 <sup>am</sup> FULL BODY MOBILITY Marie-Hélène (Flow)	11:30 <sup>am</sup> -12:15 <sup>pm</sup> SWEATY & STRONG Lauren (P/S)	11-11:45 <sup>pm</sup> T.M.T. Lori (P/S)	10-10:45 <sup>am</sup> HIIT IN 45 Cesar (P/S)	10-10:50 <sup>am</sup> CARDIO STEP TO THE CORE Garry (P/S)
12-12:45 <sup>pm</sup> TRANSFORM Garth (P/S)	12-12:45 <sup>pm</sup> A-RIDE Blair (Ride)	12-12:45 <sup>pm</sup> DEFINITION Marvin (F/S)	12-12:45 <sup>pm</sup> A-RIDE Blair (Ride)	11:45-12:30 <sup>pm</sup> MOBILITY FLOW Rosanna (Flow)	10:50-11:35 <sup>am</sup> STRONG 45 Cesar (P/S)	10:15-11 <sup>am</sup> PERFORMANCE RIDE Larysa (Ride)
12:15-1 <sup>pm</sup> A-RIDE Lauren (Ride)	12:15-1 <sup>pm</sup> BODYFORM: BEATS Laura (F/S)		New Instructor 12:15-1 <sup>pm</sup> BARRE Sophie (F/S)	12:15-1 <sup>pm</sup> CORE & MORE Lori (F/S)		
1-1:30 <sup>pm</sup> HIIT STRONG Larysa (P/S)	12:30-1:10 <sup>pm</sup> EXPRESS CARDIO & CORE Garth (P/S)	12:45-1:45 <sup>pm</sup> HATHA YOGA I Ian (Flow)	12:30-1:15 <sup>pm</sup> SUPER SCULPT Garry (P/S)		11 <sup>am</sup> -12 <sup>pm</sup> YOGA STRETCH & STRENGTH Susan (Flow)	11 <sup>am</sup> -12:15 <sup>pm</sup> HATHA YOGA II Ian (Flow)
1-2 <sup>pm</sup> HATHA YOGA II Ian (Flow)	1-2 <sup>pm</sup> POWER YOGA Lori (Flow)	1-1:45 <sup>pm</sup> BOOTCAMP Lauren (P/S)	12:30-1:30 <sup>pm</sup> VINYASA FLOW Ian (Flow)			11:10-11:55 <sup>am</sup> OPTIMIZE IN 45 Larysa (P/S)
5-5:30 <sup>pm</sup> HIIT IN 30 Laura B (P/S)	5-5:45 <sup>pm</sup> POWER INTERVALS Johnny (F/S)	4:45-5:30 <sup>pm</sup> PILATES FIIT Sophie (Flow)	4:45-5:30 <sup>pm</sup> POWERHOUSE GLUTES & ABS Laura (P/S)		12-12:45 <sup>pm</sup> CARDIO STEP & PUMP 101 Renata (P/S)	
5:35-6:20 <sup>pm</sup> BARRE Laura B (F/S)	New Instructor 5:15-6 <sup>pm</sup> HOT HIIT SCULPT Laura (Flow)		5:30-6:30 <sup>pm</sup> DEEP STRETCH Renata (Flow)	5-5:45 <sup>pm</sup> POWERHOUSE GLUTES & ABS Cesar (P/S)		12:30-1:15 <sup>pm</sup> PILATES Alethea (Flow)
5:30-6:30 <sup>pm</sup> YOGA FUSION Robert Y (Flow)	5:15-6 <sup>pm</sup> ADELAIDE CIRCUIT Larysa (P/S)	5:30-6 <sup>pm</sup> HIIT IN 30 Lauren (P/S)	5:35-6:20 <sup>pm</sup> ADELAIDE CIRCUIT Laura (P/S)	5:30-6:15 <sup>pm</sup> VINYASA FLOW EXPRESS Marie-Hélène (Flow)		
4-wk Pop-up starting June 2nd 5:30-6:15 <sup>pm</sup> BEATS RIDE Andrea (Ride)	5:30-6:15 <sup>pm</sup> VIDEO HITS RIDE Felix (Ride)	5:45-6:45 <sup>pm</sup> YIN YOGA Vivian (Flow)				
5:45-6:35 <sup>pm</sup> BOXING Richard (P/S)	6-6:45 <sup>pm</sup> MOBILITY & MUSCLE Clinton (F/S)	6-6:45 <sup>pm</sup> A-RIDE Courtney (Ride)	6-6:45 <sup>pm</sup> BARRE BURN Johnny (F/S)			
6:30-7:30 <sup>pm</sup> HOT VINYASA FLOW Robert (Flow)	6:15-7:15 <sup>pm</sup> VINYASA FLOW Ian (Flow)	6:15-7 <sup>pm</sup> PILATES Lexi (F/S)				
6:30-7:30 <sup>pm</sup> DEEP STRETCH Renata (F/S)	6-wk Pop-up June 17th-July 29th 6:15-7:15 <sup>pm</sup> BEGINNER HIP-HOP Shaniece (P/S)	6:15-7:05 <sup>pm</sup> BOXING Richard (P/S)				
		7-8 <sup>pm</sup> CANDLELIGHT YOGA & MEDITATION Robert Y (Flow)				

STUDIOS:

P/S = Power Studio

Flow = Flow Studio

F/S = Fusion Studio

Ride = Ride Studio

## Low Intensity



## Moderate Intensity / All Levels



## High Intensity



### SWEAT

**A-RIDE\***: Precision cardio. Our signature Ride blends stamina, power, and incline drills to push you out of your comfort zone. Individualized ride data on screen to track and motivate your performance, through precisely timed intervals with target zones. Level-up your cardio game!

**BEATS RIDE\***: Move to the rhythm, ride the beat, and feel the energy! This tempo-driven class combines energizing music with a touch of dynamic choreography to keep every ride exciting and fun. Sync your pedal strokes to the beat, build strength, boost endurance, and let your energy flow. Get ready to move, sweat, and make every beat count!

**BOXING**: Endurance, agility, speed, and power. Honour the tradition of boxing, with technique-focused work on the heavy bags and pads combined with high-octane cardio and strength drills to unleash your inner-athlete! Wraps are recommended and can be purchased at the Adelaide Pro Shop.

**EXPRESS CARDIO / CORE**: Ignite your heart rate, sculpt your core, and unleash your energy! With your favourite beats pumping, dive into dynamic bodyweight exercises that test your cardio endurance. Feel the burn with strength intervals that target your core. It's a high-energy, fast-paced ride - once you jump on the Express train, you won't stop until the 40-minute countdown hits zero!

**HOT HIIT SCULPT**: Sweat and burn. Short, high-intensity intervals of Pilates-inspired movements using only bodyweight, light dumbbells, and resistance bands. High reps pushing your muscular endurance and the heat of the room pushing you to sweat while you move to the beat. Not your average Pilates class!

**PERFORMANCE RIDE\***: Unplug and elevate your performance in an authentic road bike experience. Just you and your bike. Navigate speed and climb drills based on your perceived exertion, utilizing only your bike console to hit target RPMs and wattage. Sweat, strengthen, and feel the challenge. Please click here to set up your 'stages flight' profile before your first ride.

**STEP & PUMP 101**: Back to basics. Find your rhythm and coordination as you learn basic combos and drills using the step and light weights. A cardio classic!

**STEP & PUMP II**: Cardio and coordination. Challenge both body and mind, in this fast-paced, high-energy intermediate-level cardio-classic. Choreography both on and around the step, combined with intervals using bodyweight and light dumbbells to build strength and muscular endurance. 'Step'-up your cardio game! Previous step experience recommended.

**VIDEO HITS RIDE\***: Build strength, increase endurance, and release endorphins. Your favourite music video hits playing on the screens as you navigate distance challenges, power, and RPM targets, and beats tempo intervals. A high-energy ride experience!

\*Please visit [https://www.adelaideclub.com/Portals/adelaideclub/pdf/track\\_your\\_rides.pdf](https://www.adelaideclub.com/Portals/adelaideclub/pdf/track_your_rides.pdf) to set up your 'stages flight' profile before your first ride.

### PERFORM

**ADELAIDE CIRCUIT**: 8 Stations. 3 Rotations, no nonsense! Strike the perfect balance alternating between Strength & Cardio stations, targeting your entire body in just 45 minutes.

**BOOT CAMP**: High energy, fast moving. Mobility, muscle-activation and cardio drills to get your body and nervous systems online and primed. Then power through a mix of targeted stations combining strength, muscular endurance, agility, and cardio work. Weekly-changing circuits will keep your mind sharp and your muscles fired-up.

**HIIT IN 30/HIIT IN 45**: Fast-paced and explosive! Push yourself to the max with intense bursts of effort, followed by short rest periods to recover. Torch fat and rev up your metabolism.

**HIIT STRONG**: Dynamic and powerful! This 30-minute low-impact workout elevates your heart rate with compound strength movements that engage multiple muscle groups. Push to the max with intense bursts of effort, followed by quick recoveries. Torch calories, build strength with weights, and

boost your metabolism—all while protecting your joints. Get ready to HIIT Strong and unleash your potential!

**OPTIMIZE IN 45**: Efficient. Effective. This full-body metabolic conditioning workout packs a punch. Strengthen with deliberately paced resistance movements. Ignite with intense plyometric and cardio drills. Target all energy systems for optimal results.

**POWER INTERVALS**: Train your inner athlete. Timed intervals of body and free-weight exercises to build your power and anaerobic endurance. Get ready to power-up!

**TOTAL METABOLIC TRAINING**: This EMOM (Every Minute on the Minute) class alternates between high and moderate intensity intervals, targeting both aerobic and anaerobic systems. Build strength, boost endurance, and elevate your efficiency. Not your average HIIT—get ready to push your limits!

### BUILD

**POWERHOUSE GLUTES & ABS**: Load and explode. Load your core and glutes with slow, strength-focused sets using the bands, bosus, and heavy weights. Short, explosive intervals are interspersed, targeting those same areas to find your maximum power output.

**STRONG 45**: Precision. Form. Technique. Slow down and ramp up the resistance. A full-body strength class targeting all major muscle groups, tailored to sculpt muscle, boost strength, and ignite your confidence.

**SWEATY & STRONG**: Mobility, muscle-activation, and cardio drills to get your body and nervous systems online and primed to work. Then slow it down and focus on form and technique as you work sets to target your whole-body using bands, weights, and your bodyweight for resistance.

### RECOVER

**CANDLELIGHT YOGA & MEDITATION**: Relax and unwind. Step away from the outside world, into a peaceful, candlelit calm. Release physical, mental, and emotional tension through gentle postures, breathwork, and meditation. Find inner peace to close out your day.

**DEEP STRETCH**: Improve flexibility, release tension. Using principles from classical dance and yoga. Move through a gentle warm-up to increase blood flow, and then be guided through a total-body stretch targeting all muscle groups. From athletes to weekend golfers to beginners, this class offers an opportunity to relax and restore your body.

**FULL BODY MOBILITY**: Joint flexibility. Muscular strength. Neuromuscular control. Learn the anatomy of your body and work towards being able to move it freely and without restriction. Rooted in principles of yoga, connect movement to breath to help relax and deepen. Get your body moving.

**MOBILITY & MUSCLE**: Build strength, boost flexibility, and enhance overall joint function in this slower, deliberately-paced class. A blend of targeted strength-building and joint-mobilizing drills and movements. Optimize your body's movement mechanics and unleash a greater range of motion.

**YIN YOGA**: Find stillness and peace. A static and meditative approach to mobility. Postures are held for longer periods of time to increase circulation to the joints and allow muscles to stretch deeply. Therapeutic to both mind and body.

### FLOW

**HATHA YOGA I**: Learn the foundations of a good yoga practice. Postures are taught with attention to detail and proper body alignment.

**HATHA YOGA II**: This class connects movement to breath and one pose flows into the next. More advanced yoga poses are introduced.

**POWER YOGA**: Energize and strengthen with a blend of traditional and contemporary postures and flows, performed in a gently heated room to promote blood flow. A perfect balance of strength and length for your whole body.

**VINYASA FLOW**: Ignite and energize. Challenge your strength, flexibility, and focus as you flow with intention through dynamic sun salutations, invigorating poses, and balancing sequences. Immerse yourself fully in the flow.

- HOT: Room heated to 90oF. Sweat, breathe deeply, and connect fully.
- EXPRESS: Shortened class (45 minutes). A powerful flow for a tight schedule.

**YOGA FUSION**: Explore a blend of Hatha, Ashtanga, and Kundalini techniques that will engage your muscles, calm your mind, open your joints, and lift your spirits. Whether you're seeking strength, flexibility, or inner peace, this fusion class invites you to explore the synergy of various yoga traditions.

**YOGA STRETCH & STRENGTH**: Release tension, enhance mobility, and build strength. Delve into a mind-body journey rooted in precise anatomical principles, empowering you to move past physical barriers. Embrace the mantra: "Slow is the new edge."

### SCULPT

**BARRE**: Strengthen, lengthen, and sculpt. Rooted in ballet-principles, blended with Pilates and strength, targeting your whole body. Light resistance: using small weights and bands. High-reps: moving to the beat. Low-impact, but BIG burn!

**BODYFORM: BEATS**: Pilates-inspired. Music-driven. A full body, low impact class moving to energizing beats. Light-resistance using bands, balls, and small dumbbells. High-rep sequences focusing on precision form. Feel the burn and embrace the beats!

**CLASSIC PILATES**: Strengthen from within. Every movement is mindful and connected to breath. Slow, deliberate pace to focus on proper alignment and muscular engagement as you move through this full-body class, using just your body and light weight for resistance. Connect deeply to your core, discover the power of a strong centre.

**CORE & MORE**: Stability. Balance. Control. Light resistance, gliders, bands, and balance balls to fire up your stabilizer muscles. Don't be fooled—your whole body will feel the burn! Your core is the epicenter of every movement, but there's always *more* to this core class.

**DEFINITION**: Focus on strengthening smaller secondary muscles, which aid to promote better balance and prevent injuries. Light weights exhaust the muscles through endurance. Intervals of dance-inspired movement elevate the heart rate into fat burning zone.

**PILATES FIIT**: Precision meets power. Start with classic mat Pilates approach, in a gently heated room, to activate your core, glutes, and upper body while boosting blood flow. Progressively amp up the intervals to challenge bigger muscle groups and elevate your heart rate. Low-impact, high-energy - leaving you feeling "FIIT" & Fierce!

**SUPER SCULPT**: This choreographed workout both strengthens and provides an up-tempo aerobic workout using light to medium weights.

**TRANSFORM**: Ramp up your energy in this 45-minute, music-driven, high-intensity, total body workout. Leave the class feeling accomplished and ready to take on your day.