

ABS BUTTS & THIGHS:

An intense lower body workout focusing on toning your abs, butt, and thighs! Focused on resistance training, it is designed to give your lower body the best burn it's ever had.

BODY PUMP - (LES MILLS): 55mins

BODY PUMP is the original barbell class that shapes, tones and strengthens your entire body. This workout challenges all of your major muscle groups by using the exercises such as squats, presses, lifts and curls.

+ BODYPUMP TECHNIQUE is held only once a month on the first Sunday of every month (seen on the timetable Sundays at 8am) for 30 minutes. It is recommended for all beginners and anyone wanting to brush up on bodypump technique. It is also ideal to attend on a quarterly bases to be up to date on any new exercises that may have been added to the program (ie. New releases).

BOOTCAMPS

Bootcamps are scheduled to run throughout specific Titan Fitness Challenges or Events. Enquire at reception for any programs running or for more information.

BOXING: 55mins

A great workout for men and women alike, this boxing class gets you sparring in pairs with one wearing gloves, the other pads, then you swap! Chuck in some shuttle-runs, abdominal exercises, push-ups and stretching and you have yourself a great full-body workout that burns calories, conditions your entire body and lets off steam at the same time. Your own gloves are required.

FITKIDS: 45mins

A class to keep our young ones healthy moving- Ages 9 - 15 years, children can enjoy the benefits (and fun) of group training and exercise while being supervised and guided by an instructor. *Run as a holiday program or by request/demand * see reception for details on packages, and upcoming dates

GRIT STRENGTH - (LES MILLS): 30mins

A High Intensity Interval Training workout that takes you into overdrive to go hard and push hard to get you fitter fast. The short sharp demanding exercises combine weight lifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.

HIP HOP FUNK: 55mins

Hip Hop, Latin and Reggaeton inspired class – A dance class like no other. You will be dancing to the hottest beats and learning exciting dance moves that will make you smile. This class is designed to improve co-ordination, flexibility, core strength and give you a workout like no other. It is for all fitness levels as moves can be modified or intensified! This is one not to miss!

MEDITATION: 45mins

Meditation is a class for anyone at any age or experience level. In this class you will learn techniques to calm and relax your body and mind, gain greater concentration and give you an overall happier mindset. The class aims to equip you with a take home practice to enjoy the benefits week round. Bring loose, comfortable clothes and something soft to sit or lie down on (ie pilates mat)

PILATES: 55mins

Pilates is a body conditioning routine that helps increase flexibility and long, lean muscles. It puts emphasis on spinal and pelvic alignment, breathing and to relieve stress whilst as improving coordination, balance and core strength. Your own mat is required.

PRIME MOVERS: 55mins

This is a fun and dynamic class designed for those 50 years and older. It's also perfect for those who are new to exercise, are recovering from an injury or that haven't exercised in a while and are looking to start slowly.

SPIN: 45mins

Spin is an indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads you through hills, flats, mountain peaks, time trials, and interval courses. Our Matrix spin bikes have a display that allows you to monitor your resistance level and track your distance, rpm's and caloric burn.

TABATA 30: 30mins

Tabata style training will raise your metabolism and heart rate immediately through high intensity intervals with shorter rest periods. Traditionally focused on 20/10 intervals, you will be working with a variety of exercises to get blood pumping and your heart rate up. Tabata interval training has great fitness and weight-loss benefits and is also a very short workout because of its intensity. It can be added to anyone's training regime from beginners to advanced by intensifying or modifying the exercises given by your instructors.

TITAN HIIT: 30mins / 45mins

These high intensity interval training circuits incorporate functional training with plyometrics, bootcamp /military style exercises to recruit every muscle in your body. They are guaranteed to make you sweat and give your body a full workout. *Wrist bands are required and available to collect 10minutes prior to the class commencing.

+ABS is an additional 10minutes of pure Abdominal Training. Free for anyone to drop into to get your Abs firing.

ZUMBA: 60mins

Party yourself into shape through this exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party! You don't need to know how to dance, we'll teach you!

YOGA: 55mins

Yoga is a path you follow to bring together the mind, body, spirit and heart. In any form, yoga improves your breathing, body awareness, posture, flexibility and calmness of the spirit. Your own mat is required.

H = Hatha; V=Vinyasa; Y=Vin

Titan

FITNESS COOGEE

AUTUMN TIMETABLE



NEW PROGRAMS

LES MILLS GRIT

(New 30min High Intensity Program)

MEDITATION

(Creating balance in life with mindfulness, calmness and relaxation)

OUTDOOR BOOTCAMPS

(Taking training to a whole other level like never before*)

Fitness On Demand Now Available!

OVER 130 EXTRA CLASSES

Opening Hours:

Monday to Thursday 5am – 10pm,

Friday 5am – 9pm

Saturday/Sunday 7am – 7pm

Tiny Titans Child Minding

Mon-Fri 8.30am-12.30pm, Tuesday 4pm-6pm

Saturday 8am-12pm

SKY STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6.00am	GRIT STRENGTH	YOGA V	BODYPUMP	YOGA V	ABT/TABATA 30	7.30am	BODYPUMP	
9.30am	BODYPUMP	PILATES	BODYPUMP	ABT/TABATA 30	PILATES	8.00am		BODYPUMP TECHNIQUE+
10.30am	TABATA 30		YOGA V			8.30am	YOGA H	BODYPUMP
4.30pm				PILATES		9.30am	BODYPUMP	YOGA H
6.00pm	GRIT STRENGTH	TABATA 30		GRIT STRENGTH		10.30am	PILATES	
6.30pm	TABATA 30	HIP HOP FUNK	BODYPUMP	TABATA 30		5.00pm		MEDITATION
7.00pm	BODYPUMP			PILATES			NOTES: _____ _____ _____	
7.30pm		YOGA V	TABATA 30					
8.00pm	YOGA Y		YOGA Y					

Please note, your own mat is required for all pilates,yoga and mediation classes

Classes with * require a wristband from reception

UNDERGROUND

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5.30am	TITAN HIIT*30	TITAN HIIT*30	TITAN HIIT*30		TITAN HIIT*30	7.30am	TITAN HIIT*45	TITAN HIIT*45
6.00am	TITAN HIIT*45	TITAN HIIT*45	TITAN HIIT*45	BOXING	TITAN HIIT*45	8.30am	BOXING	
9.30am		BOXING	TITAN HIIT*30	TITAN HIIT*45	BOXING	10.30am	ZUMBA	
10.30am					TITAN HIIT*30	<div style="text-align: center;"> <h3 style="color: #00a0e3;">FITNESS ON DEMAND</h3> <p><i>Group fitness in YOUR space at YOUR pace</i></p> <p>Over 130 classes at your fingertips, it's virtual group fitness delivered via touch-screen kiosk in Titan fitness's Spin and Skye Studios bringing you the most popular classes and exercise routines over the world including....</p> <ul style="list-style-type: none"> <li style="margin-right: 10px;">• Cycle/Spin <li style="margin-right: 10px;">• Pilates & Yoga <li style="margin-right: 10px;">• Lesmills programs <li style="margin-right: 10px;">• Insanity AND MORE! </div>		
11.30am		PRIME MOVERS		PRIME MOVERS				
3.30pm	FITKIDS**							
4.30pm	TITAN HIIT*30	TITAN HIIT*30						
5.00pm			TITAN HIIT*30					
5.30pm	TITAN HIIT*30		TITAN HIIT*30	TITAN HIIT*45	TITAN HIIT*30			
6.00pm	TITAN HIIT*30	TITAN HIIT*45 +ABS	BOXING					
6.30pm	TITAN HIIT*45							
6.45pm				BOOTCAMP**				
7.00pm			ZUMBA					

Please note, your own gloves are required for all Boxing classes

Classes with * require a wristband from reception

REVOLUTION ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6.00am	SPIN	SPIN	SPIN	SPIN	SPIN	7.30am	SPIN	
9.30am				SPIN		8.30am	SPIN	
6.30pm	SPIN	SPIN	SPIN	SPIN		9.00am		SPIN

Group Fitness Policy - Participation in Group Fitness classes is at your own risk

- You may not enter or begin a class if it has already started. You also may not leave the class until after the cool down unless previously arranged with the instructor.
- Classes marked with * require a wristband. (to be collected from reception 15min prior to class starting)
- In all classes, equipment must not be packed away until the instructor has given permission to do so.
- Any previous injury or pain should be reported to the instructor prior to participation.
- Bootcamps and Fitkidz require additional fees for programs (see reception for details)

FOLLOW US ON



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