

### **ABS BUTTS & THIGHS: 45mins**

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: 45/55mins**

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. Friday 9:30am and Thursday 6:00am classes are 45minutes

### **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.

### **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.

### **STRETCH: 30mins**

30min stretch class offers an opportunity to stretch your muscles to aid recovery from your workouts. Stretching regularly will help increase flexibility and can also help prevent injury by creating balance in your body.

### **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 15minutes 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=Yin

### **POWER YOGA: 45mins**

Power Yoga is a fitness-based Vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

# Titan

## FITNESS COOGEE

## WINTER TIMETABLE



**FITNESS ON DEMAND NOW AVAILABLE!**  
**OVER 200 CLASSES PER WEEK**  
**INCLUDING: INSANITY, PX90, WAR, POWER STEP, TABATA, RIP, TRANSFORM & MORE!!!**

## 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		YOGA V	BODYPUMP	YOGA V		8.00am	<b>GRIT STRENGTH</b>	BODYPUMP TECHNIQUE+
9.30am	BODYPUMP	PILATES	BODYPUMP	ABT	PILATES	8.30am	YOGA H	BODYPUMP
10.30am	TABATA 30		YOGA V			9.30am	BODYPUMP	YOGA H
1.30pm-4.00pm	FREE TIME - Fitness On Demand Classes					10.30am	PILATES	
4.30pm				PILATES		4.15pm		POWER YOGA
6.00pm		TABATA 30 + ABS				5.00pm		MEDITATION
6.30pm	<b>GRIT STRENGTH</b>		BODYPUMP	<b>GRIT STRENGTH</b>		NOTES: _____ _____ _____ _____		
6.45pm		POWER YOGA						
7.00pm	BODYPUMP			PILATES				
7.30pm		MEDITATION						
8.00pm	YOGA H		YOGA V					

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	
10.00am			STRETCH			<div style="background-color: #333; color: white; padding: 5px; text-align: center;"><b>FITNESS ON DEMAND</b></div> <p><i>Group fitness in YOUR space at YOUR pace</i></p> <p>Over 200 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>• Cycle/Spin • Pilates &amp; Yoga • Rip</li> <li>• Tabata • Power Step • Insanity &amp; MORE!</li> </ul>		
10.30am					TITAN HIIT*30			
11.30am		PRIME MOVERS		PRIME MOVERS				
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*45 +ABZ	BOXING					
6.30pm	TITAN HIIT*45							
6.45pm				BOOTCAMP**				
7.00pm		TITAN HIIT*30	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 require additional fees for programs (see reception for details)

FOLLOW US ON



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