

*Merry Christmas*  
AND HAPPY NEW YEAR

# 2024 - 2025 Opening Hours & Class Timetables

## SF CBD

### CBD OPENING HOURS

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 7:00PM	STAFFED 8:00AM - 4:00PM	STAFFED 8:00AM - 4:00PM

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 8:00PM	STAFFED 5:30AM - 6:00PM	STAFFED 8:00AM - 1:00PM	STAFFED 8:00AM - 1:00PM

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
STAFFED 8:00AM - 6:00PM	STAFFED 8:00AM - 4:00PM	24 HOUR ACCESS	24 HOUR ACCESS	STAFFED 8:00AM - 6:00PM	STAFFED 8:00AM - 1:00PM	24 HOUR ACCESS

MONDAY 30	TUESDAY 31	WEDNESDAY 01	THURSDAY 02	FRIDAY 03	SATURDAY 04	SUNDAY 05
STAFFED 8:00AM - 6:00PM	STAFFED 8:00AM - 4:00PM	24 HOUR ACCESS	STAFFED 8:00AM - 6:00PM	STAFFED 8:00AM - 6:00PM	STAFFED 8:00AM - 1:00PM	STAFFED 8:00AM - 1:00PM

\*Tuesday & Friday The Retreat is closed 7am - 11am for deep cleaning and is subject to change\*

## CBD - Monday 9th December

	MON 9.12.24	TUES 10.12.24	WED 11.12.24	THUR 12.12.24	FRI 13.12.24		SAT 14.12.24	SUN 15.12.24
5:30AM		SF <sup>45</sup>		SF <sup>45</sup>		8:15AM	LES MILLS RPM	
5:45AM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	9:15AM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
7:30AM		50PLUS		50PLUS	AQUA FITNESS	10:15AM	Yoga Reset	
9:15AM	LES MILLS BODYPUMP	Vinyasa Flow	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE			
4:30PM	Yoga Reset			Pilates	Vinyasa Flow			
5:30PM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				
5:30PM	SF <sup>45</sup>		SF <sup>45</sup>					
5:30PM	Pilates Burn	Hatha Yoga	Vinyasa Flow	Power Yoga				

Group Classes & Creche are a booked service only - Classes, Creche & Staffed hours are subject to change.

## CBD - Monday 16th December

	MON 16.12.24	TUES 17.12.24	WED 18.12.24	THUR 19.12.24	FRI 20.12.24		SAT 21.12.24	SUN 22.12.24
5:45AM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP		8:15AM	LES MILLS RPM	
7:30AM		50PLUS		50PLUS	AQUA FITNESS	9:15AM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
9:15AM	LES MILLS BODYPUMP	Vinyasa Flow	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE	10:15AM	Yoga Reset	
5:30PM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				
5:30PM	Pilates Burn	Hatha Yoga	Vinyasa Flow	Power Yoga				

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## CBD - Monday 23rd December

	MON 23.12.24	TUES 24.12.24	WED 25.12.24	THUR 26.12.24	FRI 27.12.24		SAT 28.12.24	SUN 29.12.24	
5:30AM			<b>CHRISTMAS DAY</b>	<b>BOXING DAY</b>		8:15AM	<b>LES MILLS RPM</b>		
5:45AM						9:15AM	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	
8:00AM		<b>50PLUS</b>				<b>AQUA FITNESS</b>	10:15AM	Yoga Reset	
9:15AM	<b>LES MILLS BODYPUMP</b>					<b>LES MILLS BODYBALANCE</b>			
4:30PM	Pilates Burn	Vinyasa Flow							
5:30PM									

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## CBD - Monday 30th December 2024

	MON 30.12.24	TUES 31.12.24	WED 1.1.25	THUR 2.1.25	FRI 3.1.25		SAT 4.1.25	SUN 5.1.25
5:45AM			<b>NEW YEARS DAY</b>			8:15AM	<b>LES MILLS RPM</b>	
8:00AM		<b>50PLUS</b>		<b>50PLUS</b>	<b>AQUA FITNESS</b>	9:15AM	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>
9:15AM	<b>LES MILLS BODYPUMP</b>	Hatha Yoga			<b>LES MILLS RPM</b>	<b>LES MILLS BODYBALANCE</b>	10:15AM	Yoga Reset
4:30PM	Pilates Burn				Pilates			
5:30PM								

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Due to health safety and ensuring guidelines are abided by, the below classes must be booked in, if you arrive without a booking your spot in class is not guaranteed. You only need to bring a towel and water bottle with you. Please see the instructor before the class to setup the equipment.

## Class Descriptions

### LES MILLS BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. Class is available at CBD, our Les Mills Hub.

### LES MILLS RPM

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints, and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into an RPM class today. Class is available at CBD, our Les Mills Hub.

### LES MILLS BODYBALANCE

BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Class is available at CBD, our Les Mills Hub.

### 50PLUS

Our 50Plus program is a purpose built supervised program that addresses the broad range of health and wellbeing needs of those over 50 years of age. Class is available at CBD.

### AQUA FITNESS

A high energy, shallow water, cardio workout held at The Townsville Health Hub. This is a great low impact class designed for people of all fitness levels. Class is available at CBD.

### CIRCUIT

Circuit classes are a fantastic choice for anyone looking for an all over body workout that combines weights, cardio, and stretching. You'll work up a sweat and leave feeling accomplished. All fitness levels are welcome. Class is available at North Shore.



Boxing will work your whole body and mind. Our boxing trainers will lead you through rounds of different punches and combos. You will receive a high level of cardio, muscle strength, sharp reflexes, and a focused mind. You will see an improvement, not only in your physical strength, but in your mental strength as well. Class is available to Central.

### STRETCH

Elevate your fitness journey with our Mobility/Flexibility class, a dynamic experience offering a range of benefits. Designed to promote posture, joint well-being, and stress alleviation through functional movement mastery, making daily activities feel more natural. Enhance flexibility, reduce injury risk, and optimise athletic performance with this Stretch Class. Class available at North Shore to VIP membership holders.

## DOWNLOAD APP

### MyClub Fitness App



IOS



ANDROID



**BUILD STRENGTH, IMPROVE CARDIO, GET RESULTS.**

SF45 equals the ultimate time-efficient workout that covers all your bases in Group Training. Enjoy the ease of being guided and motivated by our friendly coaches, meeting like minded people and training a variety of cardio, strength or metabolic conditioning focused programmes.

We rotate our workout focus from week to week and keep each class different so you can get a range of workout focuses and programming no matter the days you can make class.

The workouts can be scaled to your own ability and level, making it ideal for beginners or seasoned athletes. We encourage people of all fitness levels to give it a go and see for themselves why SF45 is so popular! SF45 is available to VIP membership holders. Active members can attend these classes for an additional cost. Class is available at all locations.

Wellness Hub classes available to VIP membership holders. Active members can attend these classes for an additional cost. Wellness Hub classes available at CBD.

### Hatha Yoga

'Hatha' will typically involve a set of physical postures (yoga poses) and breathing techniques. These are typically practised more slowly and with more static posture holds than a Vinyasa flow or Ashtanga class. So Hatha yoga can be considered as anything you might do with the body, including: asana – yoga postures, pranayama – breathing techniques, mantra – chanting or reciting, mudra – hand gestures, shatkriyas and shatkarmas – cleansing techniques.

### Vinyasa Flow Yoga

Vinyasa Flow is a popular and evolving form of traditional hatha yoga. It focuses on integrating intention, breath, movement, awareness, alignment, strength, and flexibility - essentially your practice with your daily life. In this class, we will explore luscious hip openers, deep twists, gravity surfing strengthening, and bum toning. We will also surface the breath and try to quiet the mind. This class is open for all levels of Yoga, modifications are offered to suit your levels to enjoy a fun and inspiring class!

### Power Yoga

Power Yoga is considered to be a 'contemporary' style of movement, but is still based on the traditional styles of yoga. A good way to describe it is a vigorous and fitness based form of yoga. You are guaranteed to move around and sweat, but you will also be focusing on your breath and your mind while moving your body.

### Yoga Reset

Yoga Reset is a class at a deliberate pace to reset your mind and body. We'll explore a variety of tools to stretch, strengthen, and twist, including breath and core work, vinyasa (flow), balance work, and mindfulness strategies. You will be holding poses a bit longer to build flexibility and strength, while occasionally pausing to work on the specifics of the architecture of each pose. Alignment cues throughout the practice will help you move mindfully and gain a greater understanding of your yoga practice.

### Pilates & Pilates Burn

Pilates is the perfect blend of deep muscle toning, stretching, and balancing. Develop core strength, flexibility, balance, and stamina. It is a structured, easy-to-follow total body workout, ensuring you get a challenging workout every time! And best of all fitness levels are welcome.

\*T&Cs apply. Operating hours, pricing, timetables and classes are subject to change in line with the Strand Fitness Membership Terms & Conditions. This includes changes due to cleaning, maintenance, construction work and seasonal holidays. SF45 and Wellness classes are available to VIP membership holders at no additional cost.

No booking, no attendance. All classes must be booked in via the app. If you are unable to make the class, cancel your booking through the app. If you do not attend and don't cancel prior to the class, a \$5 no show fee will be charged to you. All creche sessions must be booked through the app or reception.