

Group Fitness Schedule

EFFECTIVE NOVEMBER 1, 2025

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

Online sign-up required for all classes

Contact laura@adelaidclub.com for access

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-7:45 ^{am} STRONG 45 Larysa (P/S)	7-7:45 ^{am} OPTIMIZE IN 45 Larysa (P/S)		Nov 6-27 7-7:45 ^{am} PILATES - HEATED Julia (Flow)	7:15-8 ^{am} PILATES FIIT Lexi (Flow)	9:45-10:30 ^{am} PILATES FIIT Lexi (Flow)	
	Sept 30-Nov 18 7:30-8:25 ^{am} ROOT TO RISE FLOW Simona (Flow)	7:30-8:15 ^{am} ADELAIDE CIRCUIT Sydney (P/S)	7:30-8:15 ^{am} HIIT IN 45 Nima (P/S)		10-10:45 ^{am} HIIT IN 45 Cesar (P/S)	10-10:50 ^{am} CARDIO STEP TO THE CORE Garry (P/S)
	11:30 ^{am} -12:15 ^{pm} STEP & PUMP II Renata (P/S)	11-11:45 ^{am} FULL BODY MOBILITY Marie-Hélène (Flow)	11:30 ^{am} -12:15 ^{pm} SWEATY & STRONG Lauren (P/S)	11-11:45 ^{pm} T.M.T. Lori (P/S)	10:50-11:35 ^{am} STRONG 45 Cesar (P/S)	10:15-11 ^{am} A-RIDE Larysa (Ride)
12-12:45 ^{pm} TRANSFORM Garth (P/S)	12-12:45 ^{pm} A-RIDE Blair (Ride)	12-12:45 ^{pm} DEFINITION Marvin (F/S)	12-12:45 ^{pm} A-RIDE Blair (Ride)	12-12:45 ^{pm} MOBILITY FLOW Susan (Flow)	11 ^{am} -12 ^{pm} YOGA STRETCH & STRENGTH Susan (Flow)	11 ^{am} -12:15 ^{pm} HATHA YOGA II Ian (Flow)
12:15-1 ^{pm} A-RIDE Lauren (Ride)	Name change 12:15-1 ^{pm} BODYFORM: BURN Laura (F/S)		12:15-1 ^{pm} BARRE Sophie (F/S)	12:15-1 ^{pm} CORE & MORE Lori (F/S)		
1-2 ^{pm} HATHA YOGA II Ian (Flow)	Class & time change 12:30-1:15 ^{pm} TRIPLE C - CARDIO CORE CIRCUIT Garth (P/S)	12:45-1:45 ^{pm} HATHA YOGA I Ian (Flow)	12:30-1:15 ^{pm} SUPER SCULPT Garry (P/S)			11:15 ^{am} -12 ^{pm} OPTIMIZE IN 45 Larysa (P/S)
1:05-1:35 ^{pm} HIIT STRONG Larysa (P/S)	1-2 ^{pm} POWER YOGA Lori (Flow)	1-1:45 ^{pm} BOOTCAMP Lauren (P/S)	12:30-1:30 ^{pm} VINYASA FLOW Ian (Flow)	1-1:45 ^{pm} STRENGTH LAB Matt (P/S)	12-12:45 ^{pm} CARDIO STEP & PUMP 101 Renata (P/S)	
						12:30-1:15 ^{pm} PILATES Alethea (Flow)
5-5:30 ^{pm} HIIT IN 30 Laura B (P/S)	5-5:45 ^{pm} POWER INTERVALS Johnny (F/S)	4:45-5:30 ^{pm} PILATES FIIT Sophie (Flow)	Class & studio change 4:45-5:30 ^{pm} BODYFORM: BUILD Laura (F/S)			
	Time change 5:15-6:05 ^{pm} HOT HIIT SCULPT Laura (Flow)	5:30-6 ^{pm} HIIT IN 30 Lauren (P/S)	Oct 23-Nov 13 5:30-6:15 ^{pm} BEATS RIDE Rachel (Ride)	5-5:45 ^{pm} POWERHOUSE GLUTES & ABS Cesar (P/S)		
5:30-6:30 ^{pm} YOGA FUSION Robert Y (Flow)	5:15-6 ^{pm} ADELAIDE CIRCUIT Larysa (P/S)	5:45-6:45 ^{pm} YIN YOGA Vivian (Flow)	5:30-6:30 ^{pm} DEEP STRETCH Renata (Flow)	5:30-6:15 ^{pm} VINYASA FLOW EXPRESS Marie-Hélène (Flow)		
5:35-6:25 ^{pm} BARRE Laura B (F/S)	5:30-6:15 ^{pm} VIDEO HITS RIDE Felix (Ride)	6-6:45 ^{pm} A-RIDE Courtney (Ride)	5:35-6:20 ^{pm} ADELAIDE CIRCUIT Laura (P/S)			
5:45-6:35 ^{pm} BOXING Richard (P/S)	6-6:45 ^{pm} MOBILITY & MUSCLE Clinton (F/S)	6:15-7 ^{pm} PILATES Lexi (F/S)	6-6:45 ^{pm} BARRE BURN Johnny (F/S)	Oct 31-Nov 28 5:45-6:30 ^{pm} CARDIO DANCE Valentina (F/S)		
6:30-7:30 ^{pm} HOT VINYASA FLOW Robert (Flow)	Nov 4-25 6:15-7:05 ^{pm} KICK-BOXING Joey (PS)	6:15-7:05 ^{pm} BOXING Richard (P/S)				
6:30-7:30 ^{pm} DEEP STRETCH Renata (F/S)	6:15-7:15 ^{pm} VINYASA FLOW Ian (Flow)	7-8 ^{pm} 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, feel the energy! This tempo-driven ride powers you through sprints, races, hills, and heavy climbs — with bold beats that fuel every effort and drop of sweat. Sync your pedal strokes to the rhythm, build strength, boost endurance, and let every beat push you further.

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.

CARDIO DANCE: Move. Sweat. Repeat. A nonstop, high-energy dance workout mixing styles with easy moves you can follow. Let the beat push you to burn calories, boost your cardio, and unleash your energy. Fast, fun, and fierce—this class will leave you sweating and smiling every time.

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!

KICKBOXING POP-UP: Punch. Kick. Sweat. A high-energy, full-body burner inspired by K1-style kickboxing. Think fast combos, powerful strikes, and nonstop movement. Shadowboxing sharpens your form. Heavy bag work builds your power. All-out intensity builds your endurance. Knees up. Gloves on. Let's go!

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.

TRIPLE C - CARDIO CORE CIRCUIT: Challenge your core and ignite your cardio in this dynamic, station-based circuit class. Rotate through intervals using a mix of equipment—dumbbells, battle ropes, BOSUs, slam balls, bodyweight, and more. Every station targets core strength or cardiovascular endurance, with high-intensity bursts and functional movement. Total body work. Core-First Focus.

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 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

STRENGTH LAB: Smart training. Serious results. Dial in your form, lift heavier, and progress each week with a structured plan that uses dumbbells, bodyweight, and functional tools. Track your lifts, push your limits, and build true strength, control, and stability. One plan. One goal: Get stronger.

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.

ROOT TO RISE FLOW: Start grounded. Rise energized. Begin with slow breathwork and gentle movement, then flow into an uplifting Vinyasa sequence that awakens your body and clears your mind. Leave feeling refreshed, aligned and ready to take on the day.

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: IStrengthen, 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: BUILD: Pilates-inspired. Strength-focused. This music-driven class blends precision movement with heavier resistance to help you build muscular strength and endurance. Move to the beat using dumbbells, resistance bands, and controlled bodyweight exercises. Expect slower tempos, heavier weights, longer holds, and full-body strength work designed to challenge and sculpt. Build strength. Move with intention. Feel the power.

BODYFORM: BURN: Pilates-inspired. Music-driven. This full-body, low-impact class is all about the burn. Move to uplifting beats with light resistance using bands, balls, and small dumbbells. Expect high-rep, precision-based sequences that sculpt, tone, and fire up every muscle. Feel the burn. Embrace the rhythm.

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: Strengthen from within in this Classic Mat class. 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.

- Heated - room is gently heated to approx 78°F.

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.