

HBF Arena Group Fitness Sculpt and strengthen

Build muscular strength and endurance using dumbbells, barbells, resistance bands or your body weight. Class formats can be broken down to focus on just core, upper body or lower body exercises.

50:50 Weights:Step

Combines two different fitness elements to help tone and strengthen your muscle and increase your overall fitness levels. This class incorporates 50% weight training with 50% cardio using a step for muscle sculpting and fitness levels.

BODYPUMP™

Sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle. BODYPUMP is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Available in 30 minute EXPRESS format.

Freestyle weights express

Designed to maximise your muscle strength, condition and tone. Burn fat, gain strength and get ripped with this weights based class. Available in 30 minute EXPRESS format.

Pure abs express

A 30 minute workout focusing on your core muscles to tone, shape and strengthen the abdominals.

Outdoor X

An outdoor training program designed to improve strength and cardio through a mix of traditional and functional training methods. Classes are held in the outdoor training zone (weather permitting), please bring a hat, sunglasses and apply sunscreen.

For more information about any of the sculpt and strengthen group fitness classes on offer, please complete the online form below.

Morning classes

● Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
8:30am - 9:30am BODYPUMP Group X Room	5:30am - 6:00am BODYPUMP Xpre Group Fitness Roo	8:30am - 9:30am 50:50 Weights/St Group X Room	6:00am - 6:30am Pure Abs Xpress Group Fitness Roo	5:45am - 6:45am BODYPUMP Group X Room	8:00am - 9:00am Outdoor X Outdoor	10:00am - 11:00am BODYPUMP Group X Room
9:30am - 10:15am Outdoor X 45 Outdoor	9:30am - 10:30am 50:50 Weights/St Group X Room	9:30am - 10:00am Pure Abs Xpress Winners Club	9:00am - 9:45am Outdoor X 45 Outdoor	10:30am - 11:00am Pure Abs Xpress Group Fitness Roo	9:00am - 10:00am Outdoor X Outdoor	
11:40am - 12:40pm 50:50 Weights/St Group X Room		10:30am - 11:30am BODYPUMP Group X Room	10:00am - 10:30am Weights Express Group X Room			

Afternoon / Evening classes

● Fit Club friendly classes

Monday 17/2	Tuesday 18/2	Wednesday 19/2	Thursday 20/2	Friday 21/2	Saturday 22/2	Sunday 23/2
5:00pm - 5:30pm Pure Abs Xpress Group X Room	4:30pm - 5:00pm Pure Abs Xpress Group X Room	5:00pm - 5:30pm Pure Abs Xpress Group X Room	4:30pm - 5:00pm BODYPUMP Expre Group X Room	5:30pm - 6:30pm BODYPUMP Group X Room	2:00pm - 3:00pm BODYPUMP Group X Room	
5:30pm - 6:30pm BODYPUMP Group X Room	5:30pm - 6:30pm Outdoor X Outdoor	5:30pm - 6:30pm Outdoor X Outdoor				
5:30pm - 6:30pm Outdoor X Outdoor	6:35pm - 7:35pm BODYPUMP Group X Room	6:35pm - 7:35pm BODYPUMP Group X Room				