

HBF Arena Gym Teen fitness

Want to train as a family in a safe, fun environment?

Fit Club Membership gives 12 - 15 year olds managed access to our health and fitness services and a head start to establishing a healthy, active routine for life.

Morning classes

- Fit Club friendly classes

Monday 18/1	Tuesday 19/1	Wednesday 20/1	Thursday 21/1	Friday 22/1	Saturday 23/1	Sunday 24/1
9:00am - 9:30am HIIT 30 Cycle Cycle Studio	5:30am - 6:25am Cycling Cycle Studio	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	5:30am - 6:00am METAFIT Group X Room	5:30am - 6:25am Cycling Cycle Studio	8:00am - 8:55am Cycling Cycle Studio	8:00am - 8:55am BODYSTEP Group X Room
9:30am - 10:25am BODYCOMBAT Group X Room	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	9:30am - 10:25am FIT 'N' FIRM Group X Room	8:30am - 9:25am BODYSTEP Group X Room	8:30am - 9:25am BODYCOMBAT Group X Room	8:00am - 8:55am Intermediate Pilates Wellness Studio	9:00am - 9:55am BODYCOMBAT Group X Room
9:40am - 10:10am Pure Abs Xpress Wellness Studio	10:00am - 10:55am Yoga Wellness Studio	9:40am - 10:10am Pure Abs Xpress Wellness Studio	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	8:30am - 9:25am BODYSTEP Group X Room	9:00am - 9:30am HIIT 30 Cycle Cycle Studio
10:30am - 11:25am BODYBALANCE Wellness Studio	10:30am - 11:25am FIT 'N' FIRM Group X Room	10:30am - 11:25am Pilates Wellness Studio	10:30am - 11:25am BODYBALANCE Wellness Studio	9:40am - 10:10am Pure Abs Xpress Wellness Studio	9:00am - 9:55am PILATES Wellness Studio	9:40am - 10:10am METAFIT Outdoor Outdoors
	11:00am - 11:55am PILATES Wellness Studio		11:30am - 12:25pm Step Moves Group X Room	10:30am - 11:25am BODYBALANCE Wellness Studio	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	11:00am - 11:55am Yin Yoga Wellness Studio
			11:30am - 12:25pm Yoga Wellness Studio	10:30am - 11:25am BODYSTEP Group X Room	9:30am - 10:25am BODYCOMBAT Group X Room	
					10:00am - 10:55am Pilates Wellness Studio	
					10:30am - 11:25am BODYBALANCE Group X Room	
					11:00am - 11:55am Yoga Wellness Studio	
					11:30am - 12:15pm SH'BAM Group X Room	

Afternoon / Evening classes

- Fit Club friendly classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

18/1	19/1	20/1	21/1	22/1	23/1	24/1
4:00pm - 4:45pm Fit Club - Teens o Group X Room	4:30pm - 5:00pm Pure Abs Xpress Group X Room	4:00pm - 4:45pm Fit Club - Teens o Wellness Studio	5:00pm - 5:30pm Cardio Box Outdo Outdoors			
5:00pm - 5:30pm METAFIT Outdoor Outdoor Training #	5:00pm - 5:30pm Metafit Group X room	4:30pm - 5:15pm Fit N Firm Group X Room	5:30pm - 6:25pm Yoga Wellness Studio			
5:30pm - 6:25pm Yoga Wellness Studio	5:30pm - 6:25pm BODYSTEP Group X Room	5:30pm - 6:25pm BODYCOMBAT Group X Room	5:40pm - 6:25pm Cycling Cycle Studio			
5:30pm - 6:00pm HIIT 30 Cycle Cycle Studio	5:30pm - 6:15pm Cycling Cycle Studio	5:30pm - 6:00pm HIIT 30 Cycle Cycle Studio	6:30pm - 7:25pm BODYCOMBAT Group X Room			
6:00pm - 6:45pm SH'BAM Courts	6:30pm - 7:25pm Yoga Wellness Studio	6:15pm - 6:45pm HIIT 30 Cycle Cycle Studio	6:30pm - 7:25pm Mindful Yin Wellness Studio			
6:15pm - 6:45pm HIIT 30 Cycle Cycle Studio	7:30pm - 8:25pm Yin Yoga Wellness Studio	7:30pm - 8:25pm BODYBALANCE Wellness Studio				
6:30pm - 7:25pm BODYBALANCE Wellness Studio						
7:30pm - 8:25pm Pilates Wellness Studio						

Cardio

Get your heart pumping, your blood circulating and burn calories with a range of high energy cardio group fitness classes.

METAFIT™ HIIT

Created by a former Royal Marine Commando, Metafit HIIT combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) techniques to set the metabolism on fire! 30 minute EXPRESS format.

BODYCOMBAT™

An energetic program inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Experience the driving music and powerful instructors which make BODYCOMBAT™ the world's most popular martial arts group fitness class.

BODYSTEP™

The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from the music and instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Fit 'N' Firm

A high energy freestyle cardio class that builds strength and stamina. It is fully optioned to cater for all fitness levels and incorporates upper and lower body conditioning exercises

Get Active

Classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey.

SH'BAM™

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music, familiar classics remixed and modernised Latin beats, it's the ultimate fun and sociable way to exercise.

Step Moves

A high intensity cardio workout suited to experienced participants. Increase your heart and lung capacity through a full-body cardio workout burning lots of calories for a leaner body. Classes may include some ABS, Butt, Thigh exercises.

Core strength

Pure abs express

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

Mind and body

Unite your mind, body and spirit with classes focused on flexibility, core strength and balance.

BODYBALANCE™

This class is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

Pilates Matwork

Focuses on the core postural muscles which help keep the body balanced and provide support for the spine. Pilates exercises teach awareness of breath, alignment of the spine and aim to strengthen the deep torso muscles.

Yoga

Comprises of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. Available in 60 and 90 minutes formats.

Yin Yoga

A meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose.

Cycle

A high intensity workout without high impact on joints. Cycle classes are suitable for all ages and fitness levels. To view our cycle studio, check out our [venue images \(/venue/\)](/venue/).

Cycle

Classes involve a workout on stationary bikes that increases endurance and works the lower body, focusing on toning the legs. Your instructor will take you on a specially designed ride that simulates both hilly and flat terrains. There's no impact and you don't need any special skills. Available in 60 minute format.

HIIT 30 Cycle

High Intensity Interval Training (HIIT) Cycle is great for people with limited time to train. Constant variation of intensity keeps your mind focused and makes your workout more engaging. HIIT increases your VO2 max quick and fast. Available in 30 minute EXPRESS format.

Teens only

A dedicated class for our Fit Club teens

Fit Club teens will learn correct exercise techniques in a gym environment. With the knowledge and guidance of our qualified instructor, they will be well on their way to setting and achieving their fitness and strength goals now, and well into the future. Fit Club develops teen knowledge of fitness through resistance training, cardio and circuit training under the supervision of our fitness staff.