

Group Fitness Timetable

WINTER
2021

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

GROUP FITNESS STUDIOS

Commencing Monday 14 June 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am			LES MILLS BODYATTACK				
5.45am	LES MILLS BODYPUMP/CORE	LES MILLS BODYPUMP					
6.00am	metafit HIT TRAINING	LES MILLS BODYSTEP CLASSIC		LES MILLS BODYCOMBAT	metafit HIT TRAINING LES MILLS BODYPUMP		
6.15am			LES MILLS BODYPUMP				
7.00am						LES MILLS BODYATTACK	
7.30am	Freestyle	Gym Circuit	Gym Circuit	Gym Circuit	Freestyle		
7.45am	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
8.00am						metafit HIT TRAINING LES MILLS BODYJAM LES MILLS BODYPUMP	LES MILLS BODYCOMBAT
8.30am							
8.45am	LES MILLS BODYCOMBAT LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP CLASSIC	LES MILLS BODYPUMP	Abs Butts Thighs		
9.00am			Abs Butts Thighs		LES MILLS BODYCOMBAT		LES MILLS CORE
9.30am	LES MILLS BODYATTACK Omnia	metafit HIT TRAINING	ZUMBA Omnia	tone		tone LES MILLS BODYCOMBAT	Warm Yoga LES MILLS BODYPUMP
10.00am		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	NEW Gym Circuit	
10.15am	Yoga						
10.30am	Omnia	Omnia	Omnia	Omnia	Omnia	LES MILLS BODYPUMP/CORE Yoga	Pilates ZUMBA
10.45am	Gym Circuit	Gym Circuit	Gym Circuit	Gym Circuit	Gym Circuit		
11.00am		LES MILLS BODYPUMP	Warm Yoga				
11.15am					Yoga		
12.00noon		Omnia		Omnia			
1.00pm	Omnia	Omnia	Omnia	Omnia	Pilates		
1.45pm			Pilates				
2.00pm	Pilates	Yoga		Yoga		Omnia	
4.30pm						LES MILLS BODYBALANCE	Yoga
5.30pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP metafit HIT TRAINING Omnia	Yoga	Abs Butts Thighs	LES MILLS BODYPUMP		
6.00pm	LES MILLS BODYCOMBAT Omnia		Pilates Omnia	LES MILLS BODYPUMP			
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT Pilates Omnia	tone	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE		
7.00pm			LES MILLS BODYATTACK				
7.15pm	LES MILLS BODYJAM						
7.30pm	Yoga	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				

CYCLE

Cycle classes located in the Function Room.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		LES MILLS RPM	LES MILLS RPM		LES MILLS RPM		
5.45am	LES MILLS RPM			LES MILLS RPM			
6.15am		sprint					
8.00am						LES MILLS RPM	
8.30am		LES MILLS RPM			LES MILLS RPM		LES MILLS RPM
9.00am	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM		HIIT Cycle	
9.30am					LES MILLS RPM		
9.45am		LES MILLS RPM					
3.30pm						LES MILLS RPM	
5.30pm			sprint LES MILLS RPM	LES MILLS RPM			
6.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	HIIT Cycle			

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am	Aqua	Deep Aqua		Deep Aqua	Aqua		
9.00am	Deep Aqua		Deep Aqua	Aqua		Deep Aqua	Aqua
9.30am		Aqua			Deep Aqua		
10.00am			Aqua				
2.00pm			Aqua		Aqua		
6.30pm	Aqua	Aqua					