

Group Fitness Timetable

AUTUMN
2021

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

GROUP FITNESS STUDIOS

Commencing 1 February 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am			LES MILLS BODYATTACK				
5.45am	LES MILLS BODYPUMP / LES MILLS CXWORX	LES MILLS BODYPUMP					
6.00am	metafit			LES MILLS BODYCOMBAT	metafit LES MILLS BODYPUMP		
6.15am			LES MILLS BODYPUMP				
7.00am						LES MILLS BODYATTACK	
7.30am	NEW Freestyle	NEW Gym Circuit	NEW Gym Circuit	NEW Gym Circuit	NEW Freestyle		
7.45am	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
8.00am						metafit Summer HIIT	LES MILLS BODYCOMBAT
8.30am			LES MILLS BODYSTEP CLASSIC			LES MILLS BODYJAM LES MILLS BODYPUMP	
8.45am	LES MILLS BODYCOMBAT LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	Abs Butts Thighs		
9.00am			Abs Butts Thighs		LES MILLS BODYCOMBAT		LES MILLS CXWORX
9.30am	LES MILLS BODYATTACK Omnia	metafit	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 / LES MILLS CXWORX NEW Yoga	Pilates
10.45am	NEW Gym Circuit	NEW Gym Circuit	NEW Gym Circuit	NEW Gym Circuit	NEW Gym Circuit		
11.00am		LES MILLS BODYPUMP	Warm Yoga				
11.15am					Yoga		
12.00noon		Omnia		Omnia			
1.00pm	Omnia	Omnia	Omnia	Omnia	Pilates		
2.00pm	Pilates	Yoga	Pilates	Yoga		Omnia	
4.30pm						LES MILLS BODYBALANCE	Yoga
5.30pm	LES MILLS BODYATTACK Summer HIIT	LES MILLS BODYPUMP metafit Omnia	Yoga Summer HIIT	Abs Butts Thighs Omnia	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 Omnia	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		LES MILLS sprint					
8.00am						LES MILLS RPM	
8.30am		LES MILLS RPM			LES MILLS RPM		LES MILLS RPM
8.45am			LES MILLS RPM				
9.00am	LES MILLS RPM			LES MILLS RPM		LES MILLS sprint	
9.30am					LES MILLS RPM		
9.45am		LES MILLS RPM	LES MILLS RPM				
3.30pm						LES MILLS RPM	
5.30pm			LES MILLS sprint	LES MILLS RPM			
6.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint			

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	
9.30am		Aqua			Deep Aqua		
10.00am			Aqua				
2.00pm			Aqua		Aqua		
6.30pm	Aqua	Aqua					