

Group Fitness Timetable

WINTER
2020

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

Duncraig

GROUP FITNESS STUDIOS

Commencing 20 July 2020

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.		
6.15am			LES MILLS BODYPUMP				
7.00am						LES MILLS BODYATTACK	
7.45am	LES MILLS BODYPUMP	Gym Circuit	Gym Circuit	Gym Circuit	LES MILLS BODYPUMP		
8.00am			LES MILLS BODYPUMP			metafit.	LES MILLS BODYCOMBAT
8.30am			LES MILLS BODYSTEP CLASSIC			LES MILLS BODYJAM	
8.45am	LES MILLS BODYCOMBAT			Gym Circuit			
9.00am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	Abs Butts Thighs		
	Pilates	Abs Butts Thighs	Abs Butts Thighs	Yoga	Toned and Strong	LES MILLS BODYPUMP	LES MILLS CXWORX
9.30am	LES MILLS BODYATTACK	metafit.	ZUMBA	tone		tone	Warm Yoga
						LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
10.00am		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
10.15am	Yoga						
10.30am	Omnia	Omnia	Omnia	Omnia	Omnia	LES MILLS BODYPUMP / LES MILLS CXWORX	Pilates
	Gym Circuit		Gym Circuit		Gym Circuit		
11.00am		LES MILLS BODYPUMP	Warm Yoga		Yoga		
1.00pm	Omnia	Omnia	Omnia	Omnia			
2.00pm	Pilates	Yoga	Pilates	Yoga		Omnia	
4.30pm						LES MILLS BODYBALANCE	Yoga
5.30pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP	Yoga	Abs Butts Thighs	LES MILLS BODYPUMP		
		metafit.					
6.00pm	LES MILLS BODYCOMBAT		Pilates	LES MILLS BODYPUMP			
	Omnia	Omnia	Omnia	Omnia			
6.05pm		Toned and Strong					
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	tone	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE		
		Pilates					
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
8.45am			LES MILLS RPM				
9.00am	LES MILLS RPM			LES MILLS RPM		sprint	
9.30am					LES MILLS RPM		
9.45am		LES MILLS RPM	LES MILLS RPM				
3.30pm						LES MILLS RPM	
5.30pm			sprint	LES MILLS RPM			
6.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	sprint			

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	Aqua				Aqua		
8.00am		Deep Aqua		Deep Aqua			
9.00am	Deep Aqua		Deep Aqua				
9.30am		Aqua		Aqua	Deep Aqua		
10.00am			Aqua			Deep Aqua	
2.00pm			Aqua		Aqua		
6.30pm	Aqua	Aqua					