

Group Fitness Timetable

24 – 30
DECEMBER

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

Duncraig

GROUP FITNESS STUDIOS

TIME	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30		
6.00am		Christmas Day	Boxing Day	LES MILLS BODYSTEP CLASSIC	metafit HIT TRAINING LES MILLS BODYPUMP				
7.00am							LES MILLS BODYATTACK		
7.45am	LES MILLS BODYPUMP								
8.00am								LES MILLS SH'BAM	
8.15am								metafit HIT TRAINING LES MILLS BODYCOMBAT/CXWORX	
8.30am								LES MILLS BODYJAM	
8.45am						Roll 'n' Release			
9.00am	LES MILLS BODYPUMP					LES MILLS BODYPUMP	Abs Butts Thighs		
							LES MILLS BODYCOMBAT		
9.30am	LES MILLS BODYATTACK					tone	MetaBox	tone	Warm Yoga
								LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
10.00am	Yoga					LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
10.30am						Omnia	Omnia	LES MILLS BODYPUMP/CXWORX	Pilates
11.00am						Pilates	Yoga		
12.15pm						Omnia			
1.00pm						Omnia			
2.00pm						Yoga		Omnia	
4.30pm								LES MILLS BODYBALANCE	
5.30pm						Abs Butts Thighs	LES MILLS BODYPUMP		
6.00pm				LES MILLS BODYPUMP					
				Omnia					
6.30pm				LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE				

CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.45am	LES MILLS RPM	Christmas Day	Boxing Day	LES MILLS RPM				
8.00am							LES MILLS RPM	
8.30am							LES MILLS RPM	LES MILLS RPM
9.00am	LES MILLS RPM					LES MILLS RPM		LES MILLS RPM EXTREME
9.30am						LES MILLS RPM		
3.30pm								LES MILLS RPM
5.30pm						LES MILLS RPM		
7.30pm						LES MILLS RPM		

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8.00am	AquaFit	Christmas Day	Boxing Day	Deep Aqua	AquaFit			
9.00am								
9.30am						Athletic Aqua	Deep Aqua	
10.00am	Athletic Aqua							Deep Aqua
2.00pm							Aqua	
6.30pm						Aqua BOOTCAMP		

Group Fitness Timetable

31 DEC –
6 JAN

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

Duncraig

GROUP FITNESS STUDIOS

TIME	MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6	
5.30am		New Years Day	LES MILLS BODYATTACK					
6.00am				LES MILLS BODYSTEP CLASSIC	metafit HIT TRAINING LES MILLS BODYPUMP			
6.15am			LES MILLS BODYPUMP					
7.00am						LES MILLS BODYATTACK		
7.45am	LES MILLS BODYPUMP			Platinum Fit		LES MILLS BODYPUMP		
8.00am							LES MILLS SH'BAM	
8.15am							metafit HIT TRAINING	LES MILLS BODYCOMBAT / CXWORX
8.30am							LES MILLS BODYJAM	
8.45am					Roll 'n' Release			
9.00am	LES MILLS BODYPUMP			LES MILLS BODYSTEP CLASSIC	LES MILLS BODYPUMP	Abs Butts Thighs LES MILLS BODYCOMBAT		
9.30am	LES MILLS BODYATTACK			ZUMBA	tone	MetaBox	tone LES MILLS BODYCOMBAT	Warm Yoga LES MILLS BODYPUMP
10.00am	Yoga			LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
10.30am					Omnia	Omnia	LES MILLS BODYPUMP / CXWORX	Pilates
11.00am				Warm Yoga	Pilates	Yoga		
12.15pm					Omnia			
1.00pm					Omnia			
2.00pm					Yoga		Omnia	
4.30pm							LES MILLS BODYBALANCE	
5.30pm				Yoga	Abs Butts Thighs	LES MILLS BODYPUMP		
6.00pm				Pilates	LES MILLS BODYPUMP			
			Omnia	Omnia				
6.30pm			tone	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE			
7.00pm			LES MILLS BODYCOMBAT					
7.30pm			LES MILLS BODYPUMP					

CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		New Years Day	LES MILLS RPM				
5.45am	LES MILLS RPM				LES MILLS RPM		
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 EXTREME
9.30am				LES MILLS RPM		LES MILLS RPM	
3.30pm							LES MILLS RPM
5.30pm				LES MILLS RPM	LES MILLS RPM		
6.30pm				LES MILLS RPM			
7.30pm					LES MILLS RPM		

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	AquaFit	New Years Day		Deep Aqua	AquaFit		
9.00am			Deep Aqua				
9.30am					Athletic Aqua	Deep Aqua	
10.00am	Athletic Aqua			Aqua HIIT			Deep Aqua
2.00pm				Gentle Aqua		Aqua	
6.30pm					Aqua BOOTCAMP		

Group Fitness Timetable

7 JAN -
3 FEB

Please check your Group Fitness ticket for class location

XPRESS 30min

XPRESS 45min

Platinum

Duncraig

Please be advised there will be reduced hours and classes on Monday 28 January (Australia Day Public Holiday).

GROUP FITNESS STUDIOS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am			LES MILLS BODYATTACK				
5.45am	LES MILLS BODYPUMP / CXWORX	LES MILLS BODYPUMP					
6.00am	metafit	BoxFit		LES MILLS BODYSTEP CLASSIC	metafit		
6.15am			LES MILLS BODYPUMP				
7.00am						LES MILLS BODYATTACK	
7.45am	LES MILLS BODYPUMP		Platinum Fit		LES MILLS BODYPUMP		
8.00am						LES MILLS SH'BAM	
8.15am						metafit	LES MILLS BODYCOMBAT / CXWORX
8.30am		Roll 'n' Release				LES MILLS BODYJAM	
8.45am	LES MILLS BODYCOMBAT			Roll 'n' Release			
9.00am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP CLASSIC	LES MILLS BODYPUMP	Abs Butts Thighs		
9.30am	LES MILLS BODYATTACK	metafit	ZUMBA	tone	MetaBox	tone	Warm Yoga
10.00am	Yoga	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
10.30am	Omnia	Omnia		Omnia	Omnia	LES MILLS BODYPUMP / CXWORX	Pilates
11.00am	LES MILLS BODYPUMP / CXWORX	LES MILLS BODYPUMP	Warm Yoga	Pilates	Yoga		
12.15pm		Omnia		Omnia			
1.00pm		Omnia		Omnia			
2.00pm	Pilates	Yoga		Yoga		Omnia	
4.30pm						LES MILLS BODYBALANCE	
5.30pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP	Yoga	Abs Butts Thighs	LES MILLS BODYPUMP		
	Summer HIIT	metafit	Summer HIIT				
6.00pm		ZUMBA	Pilates	LES MILLS BODYPUMP			
	Omnia	Omnia	Omnia	Omnia			
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	tone	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE		
7.00pm	LES MILLS BODYJAM		LES MILLS BODYCOMBAT				
7.30pm	Yoga	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				

CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		LES MILLS RPM	LES MILLS RPM				
5.45am	LES MILLS RPM			LES MILLS RPM			
6.15am		LES MILLS RPM					
8.00am						LES MILLS RPM	
8.30am		LES MILLS RPM	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM
9.00am	LES MILLS RPM			LES MILLS RPM		LES MILLS RPM EXTREME	
9.30am		LES MILLS RPM	LES MILLS RPM		LES MILLS RPM		
10.00am	LES MILLS RPM						
3.30pm						LES MILLS RPM	
5.30pm			LES MILLS RPM	LES MILLS RPM			
6.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM				
7.30pm				LES MILLS RPM			

AQUA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	AquaFit	Deep Aqua		Deep Aqua	AquaFit		
9.00am	Deep Aqua		Deep Aqua				
9.30am		Aqua BOOTCAMP		Athletic Aqua	Deep Aqua		
10.00am	Athletic Aqua		Aqua HIIT			Deep Aqua	
2.00pm			Gentle Aqua		Aqua		
6.30pm	AquaFit	Athletic Aqua		Aqua BOOTCAMP			