

## GROUP FITNESS TIMETABLE

LIVE GROUP FITNESS CLASSES							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50 AM		HIIT CYCLE 30		STRENGTH CYCLE 40			
8:00 AM		STAY ACTIVE LOW IMPACT 60			STAY ACTIVE GYM 60		
8:15 AM						HIIT CYCLE 30	
9:05 AM	<b>LES MILLS BODYPUMP</b> 55	WORX 45 Strength & Conditioning	TRX 45	FIT BOX 55	<b>LES MILLS BODYPUMP</b> 55	<b>LES MILLS Shapes</b> 45	HATHA YOGA 60
9:15 AM	CHAIR BALANCE 45						
10:00 AM		<b>LES MILLS Shapes</b> 45	YIN YOGA 75 STRENGTH CYCLE 45		TRX 45		
10:15 AM	PILATES MAT 45						
6:00 PM	STRENGTH CYCLE 45	<b>LES MILLS Shapes</b> 45	WORX 45 Strength & Conditioning	PILATES MAT 45			














AQUA CLASSES - LAP, LEISURE AND HYDRO POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM			HOT WATER YOGA 40	AQUA BALANCE 40			
8:00 AM	AQUA BALANCE 40 AQUA FIT 55	WATER WALKING 45	AQUA FIT 55		AQUA FIT 55		
8:40 AM			HOT WATER YOGA 40	AQUA BALANCE 40			
5:30 PM					AQUA TURBO 30		

24/7 GYM - SPECIALISED CLASSES							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 AM	STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		STRENGTH FOR LIFE 60		
3:30 PM	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45	MY ACTIVE TEEN 45		
Specialised Programs (MY Active Teen & Strength for Life)							

This timetable is current from: 6th October 2025

Creche Available: Monday-Friday 8:45am-11:45am Saturday 8:00am-11:00am

Note: On Public Holidays there are no live classes, Les Mills Virtual is available 24/7. Pick, Click, Play!

24/7 VIRTUAL & CYCLING STUDIO							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM							
5:30 AM							
5:50 AM		HIIT CYCLE 30		STRENGTH CYCLE 40			
8:00 AM						HIIT CYCLE 30	
8:30 AM							
10:00 AM			STRENGTH CYCLE 45				
5:15 PM							
6:05 PM	STRENGTH CYCLE 45						
24/7 VIRTUAL ON DEMAND	NOTE: LES MILLS VIRTUAL IS AVAILABLE ON DEMAND AT ANYTIME A CLASS IS NOT SCHEDULED AS PER THIS TIMETABLE.						

## CLASS DURATIONS AND DESCRIPTIONS

### AQUA BALANCE (40MINS) LOW

Gentle yet effective, these classes are held in our warm Hydrotherapy Pool. Blending Tai Chi, Yoga and relaxation principles, they are a safe way to improve balance, flexibility and calm.

### AQUA FIT (55MINS) LOW-MODERATE

A full-body workout using the resistance and buoyancy of water to build strength, flexibility and overall fitness.

### AQUA TURBO (30MINS) MODERATE-HIGH

Aqua Turbo is a high-energy water-based cardio workout designed to push your limits. Combining Aqua HIIT, endurance training, and core-focused exercises, this class builds strength, stamina, and uses props e.g Aqua belt.

### CHAIR BALANCE (45MINS) LOW

Gentle stretching and modified exercises performed seated or using a chair for support. Ideal for improving balance, flexibility and mobility, perfect for those with limited movement.

### FIT BOX (55MINS) MODERATE-HIGH

High energy boxing combos, cardio drills and interval bursts for a powerful, sweat-inducing workout.

### HATHA YOGA (60MINS) ALL LEVELS

Classic Yoga postures, breath work and relaxation. Build strength, flexibility and balance in a supportive environment.

### HIIT CYCLE (30MINS) ALL LEVELS

A fun, motivating class that combines bursts of intensity with periods of rest. Burn calories for hours and see results fast! Suitable for all fitness levels.

### HOT WATER YOGA (40MINS) LOW-MODERATE

Hot Water Yoga is held in the warmth of our Hydrotherapy Pool. The warm water not only encourages circulation, healing and relaxation, it also supports your weight, taking pressure off your joints and allowing for deeper stretches and longer lasting releases of tension.

### \*LES MILLS BODYATTACK (55, 45 OR 30MINS) MOD-HIGH

BODYATTACK™ is a high-energy fitness class with combined athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### \*LES MILLS BODY BALANCE (55MINS) LOW-MODERATE

Les Mills class combining elements of Yoga, Pilates, Stretching, Tai Chi & Meditation.

### \*LES MILLS BODY PUMP (55MINS) MODERATE

Full body barbell workout.

### \*LES MILLS DANCE (45MINS) MODERATE-HIGH

Simple, fun dance cardio.

### \*LES MILLS CORE (55, 45 OR 30MINS) MODERATE-HIGH

Functional strength for abs and back.

### \*LES MILLS RPM (50 OR 30MINS) MODERATE-HIGH

Indoor cycling with epic soundtracks.

### LES MILLS SHAPES (45MINS) MODERATE

A blend of Pilates, Yoga and Functional Strength training. Sculpt your body, strengthen your core and improve alignment.

### MY ACTIVE TEEN (45MINS)

Specialised gym sessions for our teen members.

### PILATES MAT (45MINS) MODERATE-HIGH

Strengthen and tone your body using targeted exercises and your own body weight. Enhance flexibility and posture while focusing on breath-work and proper alignment. Props such as resistance bands and balls may be used.

### STAY ACTIVE (60MINS) LOW-MODERATE

Stay Active Gym is a gentle full-body exercise to improve fitness, co-ordination and flexibility. Stay Active Cardio is a fun class that is designed to improve the coordination and flexibility of our Senior population.

### STRENGTH CYLCE (45MINS) ALL LEVELS

20 minutes of high-intensity cycling followed by 20 minutes of off-bike strength work. Build balance, tone muscle and boost fitness.

### STRENGTH FOR LIFE (60MINS) LOW

A supervised COTA WA endorsed gym program designed to improve health, strength and independence for older adults.

### TRX (45MINS) ALL LEVELS

Suspension training using bodyweight resistance to build strength, mobility and stability. Includes a variety of training options. Suitable for all fitness levels.

### WATER WALKING (45MINS) LOW

Low-impact cardio in the pool. The water's resistance strengthens core muscles, improves posture, and supports joint health. Perfect for seniors.

### WORX (45MINS) MODERATE-HIGH

A strength and conditioning class targeting endurance, speed, power and mobility for total body fitness.

### YIN YOGA (75MINS) LOW

A slow, restorative practice focused on deep stretches, connective tissue release, and mindfulness.

\*Virtual & On Demand classes available