

GROUP FITNESS TIMETABLE

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

NOTE: Aqua Turbo is a seasonal class and runs from November to April months only.

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)							

24/7 LES MILLS VIRTUAL - ON DEMAND

Les Mills Virtual is available on demand in our Virtual/Cycle Studio. Please note that live cycle classes also take place in this space, so on-demand sessions won't be available during live classes, or for 15 minutes before and after each one. 24/7 access is available for our 24/7 members, with all other members able to enjoy the space during standard business hours.

This timetable is current from: 27th January 2026

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!

Important:

- All on-demand sessions in the Virtual/Cycle Studio are unavailable during live HIIT Cycle and Strength Cycle classes (see timetable for class times), as well as 15 minutes before and after each class.
- The member who arrives at the virtual kiosk first gets the choice of session.

Session Types:

- Tutorial & Beginner: 15–30 minutes
- All other formats: 20, 30, 45 & 55 minutes
- New classes added each quarter!

Friendly Reminders:

- Wipe down equipment, put everything away, and switch off fans and air-con after your session.
- The sound is pre-set; please don't adjust the stereo.
- Enjoy the flexibility, variety, and freedom to train your way!

Access:

- 24/7 members: unlimited access
- All other members: during standard business hours

LIVE AND VIRTUAL CLASS DURATIONS AND DESCRIPTIONS

<p>AQUA BALANCE (40MINS) LOW</p> <p>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.</p>	<p>*LES MILLS BODYATTACK (55, 45 OR 30MINS) MOD-HIGH</p> <p>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.</p>	<p>STRENGTH CYLCE (45MINS) ALL LEVELS</p> <p>20 minutes of high-intensity cycling followed by 20 minutes of off-bike strength work. Build balance, tone muscle and boost fitness.</p>
<p>AQUA FIT (55MINS) LOW-MODERATE</p> <p>A full-body workout using the resistance and buoyancy of water to build strength, flexibility and overall fitness.</p>	<p>*LES MILLS BODY BALANCE (55MINS) LOW-MODERATE</p> <p>Les Mills class combining elements of Yoga, Pilates, Stretching, Tai Chi & Meditation.</p>	<p>STRENGTH FOR LIFE (60MINS) LOW</p> <p>A supervised COTA WA endorsed gym program designed to improve health, strength and independence for older adults.</p>
<p>AQUA TURBO (30MINS) MODERATE-HIGH</p> <p>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.</p>	<p>*LES MILLS BODY PUMP (55MINS) MODERATE</p> <p>Full body barbell workout.</p>	<p>TRX (45MINS) ALL LEVELS</p> <p>Suspension training using bodyweight resistance to build strength, mobility and stability. Includes a variety of training options. Suitable for all fitness levels.</p>
<p>CHAIR BALANCE (45MINS) LOW</p> <p>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.</p>	<p>*LES MILLS BODY PUMP HEAVY (55MINS) HIGH</p> <p>A progressive weightlifting program that switches on your metabolic engine to build lean muscle like nothing else.</p>	<p>WATER WALKING (45MINS) LOW</p> <p>Low-impact cardio in the pool. The water's resistance strengthens core muscles, improves posture, and supports joint health. Perfect for seniors.</p>
<p>FIT BOX (55MINS) MODERATE-HIGH</p> <p>High energy boxing combos, cardio drills and interval bursts for a powerful, sweat-inducing workout.</p>	<p>*LES MILLS DANCE (45 OR 30MINS) MODERATE</p> <p>Simple, fun dance cardio.</p>	<p>WORX (45MINS) MODERATE-HIGH</p> <p>A strength and conditioning class targeting endurance, speed, power and mobility for total body fitness.</p>
<p>HATHA YOGA (60MINS) ALL LEVELS</p> <p>Classic Yoga postures, breath work and relaxation. Build strength, flexibility and balance in a supportive environment.</p>	<p>*LES MILLS CORE (55, 45 OR 30MINS) MODERATE-HIGH</p> <p>Functional strength for abs and back.</p>	<p>YIN YOGA (75MINS) LOW</p> <p>A slow, restorative practice focused on deep stretches, connective tissue release, and mindfulness.</p>
<p>HIIT CYCLE (30MINS) ALL LEVELS</p> <p>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.</p>	<p>*LES MILLS RPM (50 OR 30MINS) MODERATE-HIGH</p> <p>Indoor cycling with epic soundtracks.</p>	<p>*Virtual & On Demand classes available</p>
<p>HOT WATER YOGA (40MINS) LOW-MODERATE</p> <p>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.</p>	<p>LES MILLS SHAPES (45MINS) MODERATE</p> <p>A blend of Pilates, Yoga and Functional Strength training. Sculpt your body, strengthen core and improve alignment.</p>	
	<p>MY ACTIVE TEEN (45MINS)</p> <p>Specialised gym sessions for our teen members.</p>	
	<p>PILATES MAT (45MINS) MODERATE-HIGH</p> <p>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. Pros such as resistance bands and balls may be used.</p>	
	<p>STAY ACTIVE (60MINS) LOW-MODERATE</p> <p>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.</p>	