

## GROUP FITNESS TIMETABLE

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

AQUA CLASSES - LAP, LEISURE AND HYDRO POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM			HOT WATER YOGA <sup>40</sup>	AQUA BALANCE <sup>40</sup>			
8:00 AM	AQUA BALANCE <sup>40</sup> AQUA FIT <sup>55</sup>	WATER WALKING <sup>45</sup>	AQUA FIT <sup>55</sup>		AQUA FIT <sup>55</sup>		
8:40 AM			HOT WATER YOGA <sup>40</sup>	AQUA BALANCE <sup>40</sup>			

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

24/7 LES MILLS VIRTUAL - ON DEMAND
<p>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.</p>

**This timetable is current from: 1st April 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><b>AQUA BALANCE (40MINS) LOW</b></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><b>*LES MILLS BODY BALANCE (55MINS) LOW-MODERATE</b></p> <p>Les Mills class combining elements of Yoga, Pilates, Stretching, Tai Chi &amp; Meditation.</p>	<p><b>STRENGTH FOR LIFE (60MINS) LOW</b></p> <p>A supervised COTA WA endorsed gym program designed to improve health, strength and independence for older adults.</p>
<p><b>AQUA FIT (55MINS) LOW-MODERATE</b></p> <p>A full-body workout using the resistance and buoyancy of water to build strength, flexibility and overall fitness.</p>	<p><b>*LES MILLS BODY PUMP (55MINS) MODERATE</b></p> <p>Full body barbell workout.</p>	<p><b>TRX (45MINS) ALL LEVELS</b></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><b>CHAIR BALANCE (45MINS) LOW</b></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><b>LES MILLS BODY PUMP HEAVY (55MINS) HIGH</b></p> <p>A progressive weightlifting program that switches on your metabolic engine to build lean muscle like nothing else.</p>	<p><b>WATER WALKING (45MINS) LOW</b></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><b>FIT BOX (55MINS) MODERATE-HIGH</b></p> <p>High energy boxing combos, cardio drills and interval bursts for a powerful, sweat-inducing workout.</p>	<p><b>*LES MILLS DANCE (45 OR 30MINS) MODERATE</b></p> <p>Simple, fun dance cardio.</p>	<p><b>WORX (45MINS) MODERATE-HIGH</b></p> <p>A strength and conditioning class targeting endurance, speed, power and mobility for total body fitness.</p>
<p><b>HATHA YOGA (60MINS) ALL LEVELS</b></p> <p>Classic Yoga postures, breath work and relaxation. Build strength, flexibility and balance in a supportive environment.</p>	<p><b>*LES MILLS CORE (55, 45 OR 30MINS) MODERATE-HIGH</b></p> <p>Functional strength for abs and back.</p>	<p><b>YIN YOGA (75MINS) LOW</b></p> <p>A slow, restorative practice focused on deep stretches, connective tissue release, and mindfulness.</p>
<p><b>HIIT CYCLE (30MINS) ALL LEVELS</b></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><b>*LES MILLS RPM (50 OR 30MINS) MODERATE-HIGH</b></p> <p>Indoor cycling with epic soundtracks.</p>	<p><b>*Virtual &amp; On Demand classes available</b></p>
<p><b>HOT WATER YOGA (40MINS) LOW-MODERATE</b></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><b>LES MILLS SHAPES (45MINS) MODERATE</b></p> <p>A blend of Pilates, Yoga and Functional Strength training. Sculpt your body, strengthen core and improve alignment.</p>	
<p><b>*LES MILLS BODYATTACK (55, 45 OR 30MINS) MOD-HIGH</b></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><b>MY ACTIVE TEEN (45MINS)</b></p> <p>Specialised gym sessions for our teen members.</p>	
	<p><b>PILATES MAT (45MINS) MODERATE-HIGH</b></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. Props such as resistance bands and balls may be used.</p>	
	<p><b>STAY ACTIVE (60MINS) LOW-MODERATE</b></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>	
	<p><b>STRENGTH CYLCE (45MINS) ALL LEVELS</b></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>	