Murray Aquatic & Leisure Centre

GROUP FITNESS TIMETABLE

LIVE GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50 AM		HIIT CYCLE 30		HIIT CYCLE 30	LesMills BODYPUMP HEAVY 40	
8:00 AM		STAY ACTIVE LOW IMPACT 55			STAY ACTIVE GYM 55	
8:15 AM						HIIT CYCLE 30
9:05 AM	LesMills BODYPUMP HEAVY 50	meta PWR 30	TRX 45	FIT BOX 55	LesMills BODYPUMP HEAVY 50	LesMills Shapes 45
9:15 AM	CHAIR BALANCE 45					
10:05 AM	LesMills Shapes 45	PILATES MAT 45	YIN YOGA 75 STRENGTH CYCLE 40		PILATES MAT 45	
5:30 PM		LesMills Shapes 45	LesMills BODYPUMP HEAVY 50			
6:00 PM				PILATES MAT 45		

AQUA CLASSES - LAP, LEISURE AND HYDRO POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		

24/7 GYM - SPECIALISED CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)					

VIRTUAL REFORMER PILATES STUDIO

Virtual Reformer Pilates sessions available on the hour during Centre opening times.
Bookings are essential. Before booking, you must have completed your in Centre induction and watched the online safety video.
Bookings can be made in person at the Centre or online via your Member Portal.

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: 9th November 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!

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LES MILLS VIRTUAL - ON DEMAND 24/7

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

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.

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 BODY PUMP HEAVY (55MINS) HIGH

A progressive weightlifting program that switches on your metabolic engine to build lean muscle like nothing else.

*LES MILLS DANCE (45 OR 30MINS) MODERATE

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 core and improve alignment.

META POWER (30MINS) MODERATE-HIGH

A 30 minute circuit that is designed to develop strength and improve bone density through the use of specially selected equipment and to tone muscle, increase metabolic rate and burn fat through plyometric and non-plyometric bodyweight exercises.

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. Pros such as resistance bands and balls may be used.

STAY ACTIVE (55MINS) 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.

YIN YOGA (75MINS) LOW

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

***Virtual & On Demand classes available**

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