

LOCAL SINCE 1984

Track every workout with ...



Staff Hours

 Monday to Thur.
 .7.00am - 7.00pm

 Friday
 .7.00am - 6.00pm

 Saturday
 .7.30am - 11.30am

 Sunday
 .8.00am - 10.30am

CASUALS WELCOME DURING STAFF TIMES

Child Minding Hours

MONDAY TO SATURDAY 8:50am to 11:20am
MONDAY TO THURSDAY 4pm to 6:20pm

MEMBERS CHILDREN ONLY!

YOUR CHILD'S STAY IS LIMITED TO ONE HOUR ONLY

YOU MUST BOOK YOUR CHILD IN ON THE DAY FOR EACH SESSION VIA OUR FACEBOOK PAGE

JAN - MAR TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	Lesmils 45	RPM EXPRESS 45	(L) *45	RPM EXPRESS 45	BODYPUMP 45 6.30AI		
7.00AM	BODYCOMBAT 30	Lesmills CORE 30	GRIT STRENGTH 30	Lesmills 30			
7.45AM	GRIT STRENGTH 30	BODYATTACK 30	BODYCOMPAT 30	GRIT STRENGTH 30	BODYCAMBAT 30	L SYOGA 75	
8.30AM	CORE 30	BODYCAMBAT 30	CORE 30	BODYCAMBAT 30	CORE 30		GRIT STRENGTH 30
9.00AM	LESMILLS RPM EXPRESS 30		LESMILLS RPM EXPRESS 45		RPM EXPRESS 30		
9.15AM		BODYPUMP 60	(L) *45	BODYPUMP 60	BODYSTEP 60	BODYPUMP 60	YOGA 60
10.15AM	Lesmills Bodybalance 60	ACTIVE SENIORS 60	BODYBALANCE 60	SYOGA 60	ACTIVE SENIORS 60	Lesmills Bodybalance 60	
4.00PM	GRIT STRENGTH 30	CORE 30	GRIT STRENGTH 30	CORE 30	BODYCAMBAT 30		
4.30PM	CORE 30	Lesmills BODYATTACK 45	Lesmills 30	LESMILLS BODYATTACK 45	BODYPUMP 45	Ja	
5.30PM	BODYPUMP 60	BODYSTEP 60	Lesmills 60	Lesmills 60	LESMILLS 30	-0155	port
6.30PM	BODYBALANCE 30	YOGA 60				gy	
All RPM	itness room capped at 35 Classes are CAPPED AT		. No need to book.				

- · Please arrive early for classes to avoid disrupting a class in progress (Bodypump 10min early for set up).
- Classes cater for all levels of fitness, beginners to advanced.
- Les Mills Virtual workouts are audio-visual versions of the live Les Mills group fitness classes, played on a big screen through a pumping sound system with a range of strength training, flexibility and cardio workouts.



"Live" with Instructor



Virtual Class

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