



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**

LOCAL SINCE 1984

APR - JUN TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	LESMILLS BODYPUMP 45	LESMILLS RPM EXPRESS 45 4T5 45	4T5 45	LESMILLS RPM EXPRESS 45	LESMILLS BODYPUMP 45		
7.00AM	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30	GRIT STRENGTH 30	LESMILLS CORE 30	LESMILLS BODYATTACK 30	4T5 45	
7.45AM	GRIT STRENGTH 30	LESMILLS BODYATTACK 30	BODYCOMBAT VIRTUAL 30	GRIT STRENGTH 30	BODYCOMBAT VIRTUAL 30	YOGA 75	
8.30AM	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30		GRIT STRENGTH 30
9.00AM	LESMILLS RPM EXPRESS 30		LESMILLS RPM EXPRESS 45		LESMILLS RPM EXPRESS 30		
9.15AM	4T5 45	LESMILLS BODYPUMP 60	4T5 45	LESMILLS BODYPUMP 60	LESMILLS BODYSTEP 60	LESMILLS BODYPUMP 60	YOGA 60
10.15AM	LESMILLS BODYBALANCE 60	ACTIVE SENIORS 60	LESMILLS BODYBALANCE 60	YOGA 60	ACTIVE SENIORS 60	LESMILLS BODYBALANCE 60	
4.00PM	GRIT STRENGTH 30	LESMILLS CORE 30	GRIT STRENGTH 30	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30		
4.30PM	LESMILLS CORE 30	LESMILLS BODYATTACK 45	LESMILLS CORE 30	LESMILLS BODYATTACK 45	LESMILLS BODYPUMP 45		
5.30PM	LESMILLS BODYPUMP 60	LESMILLS BODYSTEP 60	LESMILLS BODYPUMP 60	LESMILLS BODYBALANCE 60	LESMILLS CORE 30		
6.30PM	LESMILLS BODYBALANCE 30	YOGA 60					



- Group Fitness room capped at 35. First in best dressed. No bookings required.
- All RPM Classes are CAPPED AT 14. First in best dressed. 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.

Timetable is subject to change.

"Live" with Instructor
 Virtual Class

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