

GROUP EXERCISE CLASSES

TIMETABLE

FROM FEBRUARY 2ND 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO	6:30am	LESMILLS BODYPUMP HEAVY 					
	8:15am				Grooving		
	8:45am						Retro 30min LESMILLS BODYPUMP 
	9:00am			Heart Foundation Walking			
	9:15am	Retro 30min	LESMILLS tone 	Circuit	BURN	LESMILLS tone 	
	9:45am	STRIKE 30min	LESMILLS BODYSTEP 			LesMILLS BODYPUMP HEAVY 	
	10:15am	LesMILLS BODYPUMP			Adult Ballet	LesMILLS DANCE	
	11:00am	Active Adults Functional		Every1 Can Lift		Active Adults Balance	
	11:30am			Line Dancing 30mins			
	12:15pm				Grooving		
SECOND STUDIO	5:30pm		LesMILLS DANCE 	LESMILLS BODYPUMP 			
	6:00pm	LESMILLS tone	LESMILLS BODYSTEP 	Circuit			
	6:30pm		LesMILLS BODYPUMP HEAVY		Boxing		
	7:00pm				Every1 Can Lift		

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WELLBEING	9:30am					Pilates
	10:15am			Pilates		
	10:30am		Yoga Outdoors			
	11:00am				LesMills BODYBALANCE	
	11:15am	Pilates				
	11:30am		Tai Chi For Health			
	5:00pm				Pilates	
	7:00pm	Yogalates		LesMills BODYBALANCE		

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUATICS	8:00am	GOLDIES 	GOLDIES 	GOLDIES 		GOLDIES 
	9:00am	AQUA		AQUA		AQUA
	10:00am				AQUA	
	11:15am		AQUA GROOVING			
	6:00pm		AQUA DEEP			AQUA
	6:15pm	AQUA				

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