

LeisureFit  
Booragoon

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6.00am	GRIT Strength Pilates Reformer SPRINT StrongFit	Barre Attack BODYSTEP RPM StrongFit	BODYPUMP EXPRESS SPRINT StrongFit	Barre Attack BODYSTEP EXPRESS RPM StrongFit	GRIT Strength SPRINT StrongFit			6.00am
7.00am	Pilates Reformer			Pilates Reformer			Barre Attack	7.00am
7.30am						GRIT Strength Pilates Reformer SPRINT		7.30am
7.50am	ForeverFit Aqua	ForeverFit Aqua	ForeverFit Aqua	ForeverFit Aqua				7.50am
8.00am	BODYPUMP EXPRESS	SPRINT	YOGA	Pilates Reformer	BODYSTEP EXPRESS	BODYSTEP EXPRESS (8.05pm) Suspension	BODYBALANCE Pilates Reformer	8.00am
8.30am	Les Mills CORE (8.45am) Pilates Reformer	Mat Pilates Pilates Reformer		BODYPUMP EXPRESS (8.45am)	Power Reformer	Barre Attack		8.30am
9.00am	BoxFit RPM	Suspension	BoxFit BODYCOMBAT Pilates Reformer	Power Reformer SPRINT Suspension	Les Mills CORE	BODYPUMP EXPRESS RPM StrongFit	Les Mills CORE RPM Pilates Reformer	9.00am
9.15am	DH20	DH20	DH20		DH20			9.15am
9.30am	BODYSTEP Power Reformer	BODYPUMP EXPRESS Pilates Reformer RPM	RPM	BODYBALANCE	Barre Attack BODYCOMBAT RPM	Pilates Reformer	BODYATTACK	9.30am
10.00am			BODYSTEP Pilates Reformer	Pilates Reformer		BoxFit BODYCOMBAT		10.00am
10.30am	Barre Attack Mat Pilates	Les Mills CORE Pilates Reformer		BODYATTACK	BODYPUMP Pilates Reformer	DH20 (10.15am) Power Reformer	Mat Pilates SPRINT	10.30am
11.00am		BODYBALANCE	Mat Pilates Barre Attack	Barre Attack		BODYBALANCE	BODYPUMP (11.30am)	11.00am
12.15pm	SPRINT		Pilates Reformer (45 mins)		Mat Pilates (30 mins)			12.15pm
1.00pm						RPM		1.00pm
2.00pm						YOGA		2.00pm
3.00pm						BODYPUMP		3.00pm
4.00pm	Pilates Reformer (4.30pm)	Pilates Reformer		Pilates Reformer	Cardio Reformer (4.30pm)			4.00pm
5.00pm	BODYATTACK	Pilates Reformer RPM	GRIT Strength Pilates Reformer	Power Reformer	Les Mills CORE			5.00pm
5.30pm	Pilates Reformer Suspension	BODYPUMP StrongFit	BODYCOMBAT (5.35pm) Suspension	BODYPUMP RPM StrongFit	Pilates Reformer RPM	<div data-bbox="1601 957 1803 1157" data-label="Image"> </div> <div data-bbox="1803 957 2083 1157" data-label="Text"> <p><b>Book Online</b> Open up your phone camera and hold it over the code like you're taking a photo - it will open a link for you to book your fitness classes online.</p> </div>		5.30pm
6.00pm	Les Mills CORE RPM	Pilates Reformer SPRINT	Power Reformer SPRINT	Pilates Reformer				6.00pm
6.15pm	AquaTone							6.15pm
6.30pm	Barre Attack BODYPUMP EXPRESS StrongFit	BoxFit BODYBALANCE	Les Mills CORE (6.35pm) StrongFit	BoxFit BODYBALANCE				6.30pm
7.30pm	YOGA							7.30pm

LeisureFit  
Melville

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6.00am	BODYPUMP EXPRESS			BODYBALANCE	BODYPUMP EXPRESS			6.00am
8.00am	ForeverFit Strength Lite Pace Express	Active Circuit (8.30am)	ForeverFit Strength Lite Pace Express	Active Circuit (8.30am)	ForeverFit Strength Lite Pace	YOGA		8.00am
9.00am	BODYPUMP ForeverFit Strength		BODYPUMP ForeverFit Strength		ForeverFit Strength	Mat Pilates X-Train (9.15am)		9.00am
9.30am		ForeverFit Strength		ForeverFit Strength Mat Pilates Strength				9.30am
10.00am	BODYBALANCE	Mat Pilates (10.30am)	BODYBALANCE	Mat Pilates (10.30am)	YOGA			10.00am
5.30pm	Active Circuit Mat Pilates	X-Train YOGA		X-Train				5.30pm