

Fitness Timetable

TIMETABLE EFFECTIVE FROM 12 MAY 2025 AND SUBJECT TO CHANGE.

*EXPRESS *EXTREME **STRENGTH



Booragoon



Melville



Both

CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVE CIRCUIT	9.15AM	8.30AM	9.15AM	8.30AM			
ATHLETIC RUN		5.15PM					
ATHLETIC SWIM	5.30AM		5.30AM 6.00PM		5.30AM		
BARRE	7.00AM 10.30AM 6.30PM	6.00AM 9.00AM 7.00PM	7.00AM 10.15AM 6.30PM	6.00AM 9.00AM 4.35PM 6.30PM 7.00PM	9.30AM	8.30AM	9.30AM
BOXFIT		6.30PM		6.30PM	6.30PM		
LES MILLS BODYATTACK	5.00PM						9.30AM
LES MILLS BODYBALANCE	10.00AM	6.00AM 11.00AM 6.30PM	10.00AM 5.30PM	7.00AM 9.30AM 6.30PM		11.00AM	8.00AM
LES MILLS BODYCOMBAT			9.30AM 5.30PM	6.00AM*	9.30AM	10.00AM	
LES MILLS BODYPUMP	6.00AM* 8.30AM* 11.00AM* 6.30PM*	9.30AM* 5.30PM	6.00AM* 9.00AM 12.15PM*	6.00AM* 8.45AM* 5.30PM	6.00AM* 10.30AM	7.00AM* 8.30AM* 3.00PM	11.30AM
LES MILLS BODYSTEP	9.00AM	6.00AM*	11.00AM		9.00AM	8.00AM*	
LES MILLS CORE	9.15AM 6.00PM	10.30AM	6.30PM	10.30AM	9.00AM 5.00PM	9.15AM	9.00AM
DH2O AQUA	9.15AM	9.15AM	9.15AM	9.15AM	9.15AM	10.15AM	
FOREVER FIT AQUA	7.50AM	7.50AM	7.50AM	7.50AM			
FOREVER FIT STRENGTH	8.00AM	9.30AM	8.00AM	9.30AM	8.00AM 9.00AM		9.00AM
LES MILLS GRIT CARDIO		5.00PM			5.30PM		7.30AM
LES MILLS GRIT STRENGTH	6.00AM		5.00PM		6.00AM	7.30AM	
LIFTFIT	6.00AM 5.30PM	9.00AM	6.00AM 5.30PM	9.00AM	6.00AM	8.00AM	
LITE PACE	8.00AM		8.00AM		8.00AM		
MAT PILATES	6.35AM 10.00AM 5.30PM	8.30AM 10.30AM	6.00AM 10.30AM	10.00AM**		10.00AM	10.30AM
MOVEFIT		12.00PM		11.30AM			
OXYFIT	7.00AM	10.00AM 6.30PM	7.00AM	10.00AM 6.30PM	7.00AM	10.00AM	
REFORMER ESSENTIALS			5.30PM	11.00AM	1.30PM	2.30PM	11.00AM
REFORMER PILATES	6.00AM 7.00AM 8.30AM 9.00AM 9.30AM 10.00AM 11.30AM 12.30PM 12.00PM 1.00PM 4.30PM 5.15PM 5.30PM 6.15PM	6.00AM 7.00AM 7.15AM 8.15AM 9.15AM 9.30AM 10.15AM 10.30AM 11.15AM 12.15PM 4.00PM 5.00PM 6.00PM	6.00AM 7.00AM 8.00AM 9.00AM 10.00AM 11.15AM 12.15PM 4.00PM 5.00PM 6.00PM 7.00PM	6.00AM 7.00AM 8.00AM 9.00AM 10.00AM 11.15AM 12.15PM 4.00PM 5.00PM 6.00PM	6.00AM 7.00AM 8.30AM 9.00AM 10.00AM 10.30AM 11.30AM 12.30PM 1.30PM 4.30PM 5.30PM	6.30AM 7.00AM 7.30AM 8.00AM 9.30AM 10.30AM 12.30PM 1.30PM 3.30PM	7.30AM 8.30AM 9.00AM 10.00AM 11.30AM 12.30PM 1.30PM 3.00PM
LES MILLS RPM	9.00AM 6.00PM	6.00AM 9.30AM 5.00PM	9.30AM	6.00AM† 5.30PM	9.30AM 5.30PM	8.30AM 1.00PM	9.00AM 3.30PM
LES MILLS SHAPES		5.30PM		9.00AM			
LES MILLS sprint	5.40AM 6.15AM 12.15PM	8.45AM 6.00PM	5.40AM 6.15AM 6.00PM	9.00AM	5.40AM 6.15AM	6.30AM 7.30AM	8.15AM
STRONGFIT	9.00AM 6.30PM	6.00AM 5.30PM	9.00AM 6.30PM	6.00AM 5.30PM	9.00AM	9.00AM	
X-TRAIN		5.30PM		5.30PM	5.30PM	9.00AM	
YOGA	11.00AM 7.30PM	8.00AM 4.00PM	8.30AM	4.30PM 5.30PM	10.00AM 12.15PM	9.00AM 2.00PM	3.00PM