

Modified Wellness Fitness Class Timetable

LeisureFit Booragoon							
Additional classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Les Mills SHAPES (7.40am)	As per regular Fitness Class Timetable	GRIT Cardio (7.00am)	Mat Pilates (7.30am)	Les Mills SHAPES (8.00am)	Mat Pilates (12:00pm)
				Les Mills SHAPES (11.15am)		Les Mills SHAPES (1.00pm)	

LeisureFit Melville							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Mat Pilates Express / Reformer Pilates	Reformer Pilates	Reformer Pilates	Mat Pilates Express / Reformer Pilates	Reformer Pilates		
7.00am	Barre / Reformer Pilates	Barre / Reformer Pilates	Barre / Reformer Pilates	Reformer Pilates (7.00am) / Barre Express (7.45am)	Barre / Reformer Pilates	Reformer Pilates	
8.00am	Reformer Pilates	Mat Pilates Express / Reformer Pilates (8.30am)	Reformer Pilates	Reformer Pilates (8.00am) / Barre Express (8.20am)	Reformer Pilates	Reformer Pilates	
9.00am	Reformer Pilates	Barre (9.00am) / Reformer Pilates (9.30am)	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates (9.00am) / Barre (9.15am)
10.00am	Reformer Pilates	Barre (9.45am) / Reformer Pilates (10.30am)	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
11.00am	Reformer Pilates	Reformer Pilates (11.30am)	Reformer Pilates (11.15am)	Reformer Pilates	Barre / Reformer Pilates	Reformer Pilates	Reformer Pilates
12.00pm	Reformer Pilates	Reformer Pilates (12.30pm)	Reformer Pilates (12.15pm)	Reformer Pilates		Reformer Pilates	Reformer Pilates
1.00pm	Reformer Pilates				Reformer Pilates	Reformer Pilates	Reformer Pilates
2.00pm				Reformer Pilates	Reformer Essentials	Reformer Essentials	Reformer Pilates
3.00pm			Reformer Pilates (3.30pm)	Reformer Pilates		Reformer Pilates	
4.00pm					Reformer Pilates (4.30pm)		
5.00pm	Reformer Pilates (5.15pm)	Reformer Pilates	Reformer Pilates (5.30pm)	Reformer Pilates	Reformer Pilates (5.30pm)		
6.00pm	Reformer Pilates (6.15pm)	Reformer Pilates	Barre / Reformer Pilates (6.30pm)	Reformer Pilates			
7.00pm	Barre (6.30pm)	Reformer Pilates		Reformer Pilates			

Please note: Classes are in response to the temporary closure of the Cycle and Wellness Studio at LeisureFit Booragoon.

All other regular classes, will run as per the Fitness Class Timetable. Timetable subject to change - Please refer to the Online Portal.

Effective from Monday, 18 May to Friday, 12 June 2026.

KEY:

Navy Blue = Temporary Classes

Orange = Ongoing Classes currently on the Timetable