Fitness Timetable

Effective from 2 November 2026

*EXPRESS †EXTREME **STRENGTH ††STRETCH

Booragoon Melville Both

Classes

MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVE CIRCUIT	9.00AM	8.30AM	9.00AM	8.30AM			
TRIATHLON RUN		5.15PM					
TRIATHLON SWIM	5.30AM		5.30AM 6.00PM		5.30AM		
BARRE	7.00AM 10.30AM 6.30PM	6.00AM 9.00AM	7.00AM 10.15AM	6.00AM 9.00AM	9.30AM	8.30AM 12.00PM	9.30AM
BOXFIT		6.30PM		6.30PM	5.45PM		
LesMills BODYATTACK	5.00PM						9.30AM
LesMills BODYBALANCE	6.00AM 10.00AM	11.00AM 6.30PM	10.00AM 5.30PM	6.50AM* 9.30AM 6.30PM	10.00AM	11.00AM	8.00AM
LesMills BODYCOMBAT			9.30AM 5.30PM	6.00AM*	9.30AM	10.00AM	
LesMills BODYPUMP	6.00AM* 8.30AM* 11.00AM* 6.30PM*	9.30AM* 5.30PM	6.00AM* 9.00AM 12.15PM*	8.45AM* 5.30PM	6.00AM* 10.30AM	7.05AM* 8.30AM* 3.00PM	11.30AM
LesMills BODYPUMP HEAVY	12.15PM (45)		7.05PM (45)	6.00AM (45) 12.15PM (45)		6.30AM (45)	4.30PM (30)
LesMills BODYSTEP	9.00AM	6.00AM*	11.00AM	5.30PM*	9.00AM	8.00AM*	
LesMills CORE	9.15AM 6.00PM	10.30AM	6.30PM	10.30AM	9.00AM 5.00PM	9.15AM	9.00AM
DH2O AQUA	9.00AM	9.00AM	9.00AM	9.00AM	9.00AM	10.15AM	
FOREVERFIT AQUA	8.00AM	8.00AM	8.00AM	8.00AM			
FUNCTIONAL CIRCUIT	8.00AM		8.00AM		8.00AM		
LesMills GRIT CARDIO		5.00PM			5.30PM		7.30AM
LesMills GRIT STRENGTH			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	10.00AM 5.30PM	8.30AM 10.30AM	6.00AM (45) 10.30AM	10.00AM**	8.10AM	10.00AM	10.30AM
METFIT	6.15AM 9.15AM	9.15AM 6.30PM	6.15AM 9.15AM	9.15AM 6.30PM	6.15AM 9.15AM	9.15AM	
MOVEFIT		12.00PM		11.30AM	4.30PM		
MOVEFIT AQUA					8.00AM		
OPEN CIRCUIT	5.30PM - 7.30PM		4.30PM - 6.30PM		6.15AM - 7.45AM		
OXYFIT	7.00AM	10.00AM	7.00AM	10.00AM	7.00AM		
REFORMER ESSENTIALS			5.30PM	11.00AM	1.30PM	2.30PM	11.15AM
REFORMER PILATES	6.00AM 7.00AM** 8.00AM 8.30AM 9.00AM 9.30AM 10.00AM 11.30AM 12.30PM 1.00PM 3.30PM 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 7.00PM	6.00AM 7.00AM 8.00AM 9.00AM 10.00AM 11.15AM 12.15PM 4.00PM 5.00PM 6.00PM 6.30PM 7.00PM	6.00AM 7.00AM 8.00AM 9.00AM 10.00AM 11.15AM 12.15PM 4.00PM 5.00PM 5.15PM 6.00PM 6.15PM 7.00PM	6.00AM 7.00AM 8.30AM 9.00AM** 10.00AM 10.30AM 11.30AM 12.30PM 4.30PM 5.15PM†† 5.30PM	6.30AM 7.05AM 7.30AM 8.00AM 9.30AM 10.30AM 12.30PM 1.30PM 3.30PM	7.30AM 8.30AM 9.15AM 10.15AM 10.30AM 11.30AM 12.30PM 3.00PM
LesMills 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
LesMills SHAPES		6.00AM 5.30PM	4.15PM	9.00AM			
LesMills 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
STRENGTH CIRCUIT	8.00AM	9.30AM	8.00AM	9.30AM	8.00AM 9.00AM		9.00AM
STRONGFIT	9.00AM 6.30PM	5.45AM 6.00AM 5.30PM	9.00AM 6.30PM	5.45AM 6.00AM 5.30PM	9.00AM	9.00AM	
X-TRAIN		6.00AM** 5.30PM		6.00AM** 5.30PM	5.30PM	9.00AM	
YOGA	11.00AM 7.30PM	4.00PM	8.30AM	4.30PM	12.15PM	9.00AM 2.00PM	3.00PM (75)