

King's Birthday

Public Holiday Fitness Timetable

Monday, 28 September 2026

LeisureFit Booragoon

7.00am to 3.00pm

7.05am ● SPRINT

7.05am ● Reformer Pilates

7.40am ● BODYSTEP Express

8.00am ● ForeverFit Aqua

8.30am ● BODYPUMP Express

8.30am ● Reformer Pilates

9.00am ● RPM

9.00am ● Deep Aqua

9.00am ● StrongFit

9.15am ● LES MILLS CORE

9.30am ● Reformer Pilates

10.00am ● Mat Pilates

10.30am ● Barre

11.00am ● BODYBALANCE

11.30am ● Reformer Pilates

12.30pm ● Reformer Pilates

12.30pm ● BODYPUMP Heavy

2.00pm ● LES MILLS SHAPES

LeisureFit Melville | **CLOSED** Monday, 28 September 2026