

WA Day Public Holiday Fitness Class Timetable

Monday, 1 June 2026

LeisureFit Booragoon (7.00am to 3.00pm)

8.00am	ForeverFit Aqua
8.30am	BODYPUMP Express
9.00am	DH20
9.00am	StrongFit
9.15am	LES MILLS CORE
10.00am	Mat Pilates
11.00am	Yoga
12.30pm	BODYPUMP Heavy 45 min
2.00pm	LES MILLS SHAPES

LeisureFit Melville (7.00am to 1.00pm)

7.05am	Reformer Pilates
7.05am	SPRINT
8.00am	Lite Pace
8.00am	Reformer Pilates
8.00am	Strength Circuit
9.00am	Active Circuit
9.00am	BODYSTEP Express
9.00am	Reformer Pilates
10.00am	RPM
10.00am	BodyBalance
10.00am	Reformer Pilates
11.00am	BODYPUMP Express
11.00am	Reformer Pilates
12.00pm	Barre
12.00pm	Reformer Pilates

Strength for Life Supervision 7.00am to 8.00am | 9.00am to 1.00pm