

Modified Cycle Fitness Class Timetable

Tuesday, 19 May to Friday, 29 May 2026

Performance Studio *Upstairs* at LeisureFit Melville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT (6.15am)		SPRINT (6.15am)				
	RPM (7.15am)		RPM Extreme (7.15am)		SPRINT (7.30am)	
				SPRINT (8.00am)	RPM (8.30am)	
	RPM (9.30am)		SPRINT (9.30am)	RPM (9.30am)		RPM (9.00am)
SPRINT (10.00am)		SPRINT (10.00am)				
SPRINT (12.15pm)					RPM (1.00pm)	
						RPM (2.00pm)
RPM (4.30pm)				RPM (4.45pm)		
	SPRINT (5.45pm)					
		SPRINT (6.45pm)				

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

All other regular scheduled classes, will run as per the Fitness Class Timetable. Timetable subject to change.

Effective from Tuesday 19 May to Friday, 29 May 2026