

## Opening Hours

Mon to Fri - 6am to 8pm | Weekend & Public Holidays 8am to 6pm

LAFit Extended hours Mon to Fri - 8pm to 9pm

# Monday, 27 June - Sunday, 3 July, 2022

	Monday 27 June	Tuesday 28 June	Wednesday 29 June	Thursday 30 June	Friday 1 July	Saturday 2 July	Sunday 3 July
6.15am	SPIN	SPIN	HIIT	<b>LES MILLS BODYPUMP</b>	HIIT		
		<b>LES MILLS tone</b>	<b>LES MILLS RPM</b>		SPIN		
8.05am	PILATES	PILATES	PILATES	<b>LES MILLS tone</b>	PILATES		
8.15am						SPIN	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	YOGA
	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS RPM</b>
	YOGA	PILATES		YOGA	PILATES		
10.15am	AQUA	AQUA	AQUA	AQUA	AQUA	PILATES	YOGA
	KETTLEBELL	PILATES	KETTLEBELL	<b>LES MILLS BODYSTEP</b>	PILATES		
11.15am	PILATES	KETTLEBELL	PILATES	PILATES	YOGA	<b>LES MILLS BODYSTEP</b>	
11.40am				AQUA PP			
12.15pm	PILATES	YOGA	YOGA	PILATES	KETTLEBELL	AQUA PP	
1.00pm	AQUA PP						
1.15pm			PILATES			AQUA PP	
2.00pm	AQUA PP						
4.30pm	<b>LES MILLS tone</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS tone</b>		YOGA	
5.30pm	<b>LES MILLS BODYPUMP</b>	PILATES	<b>LES MILLS tone</b>	<b>LES MILLS BODYPUMP</b>	YOGA		
	SPIN	<b>LES MILLS RPM</b>	<b>LES MILLS RPM</b>	SPIN	AQUA PP		
			BOXING OUTDOORS				
6.30pm	YOGA	AQUA	SPIN				
		YOGA					

\*AQUA PP is AQUA class in the Programs Pool

Please note timetable changes may occur at any time. All classes have a fixed number of participants to ensure your safety and enjoyment. Book early to avoid disappointment.