

Opening Hours

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

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

Monday, 8 August - Sunday, 14 August, 2022

	Monday 8 August	Tuesday 9 August	Wednesday 10 August	Thursday 11 August	Friday 12 August	Saturday 13 August	Sunday 14 August
6.15am	Spin	Spin	HIIT	LES MILLS BODYPUMP	HIIT		
		LES MILLS tone	LES MILLS RPM		Spin		
8.05am	Pilates	Pilates	Pilates	LES MILLS tone	Pilates		
8.15am						Spin	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	Yoga
	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM
	Yoga	Stretch		Yoga	Pilates		
10.15am	AQUA	AQUA	AQUA	AQUA	AQUA	Pilates	Yoga
	Kettlebell	Pilates	Kettlebell	LES MILLS BODYSTEP	Pilates		
11.15am	Pilates	Kettlebell	Pilates	Stretch	Yoga	LES MILLS BODYSTEP	
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	LES MILLS tone	LES MILLS BODYPUMP		LES MILLS tone		Yoga	
5.30pm	LES MILLS BODYPUMP	Pilates	LES MILLS tone	LES MILLS BODYPUMP	Yoga		
	Spin	LES MILLS RPM	LES MILLS RPM	Spin	AQUA PP		
			Outdoor Boxing				
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.

