

Opening Hours

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

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

Monday 15 April - Sunday 21 April

	Monday 15 April	Tuesday 16 April	Wednesday 17 April	Thursday 18 April	Friday 19 April	Saturday 20 April	Sunday 21 April
6.15am	Spin	Spin HIT & Lift	LES MILLS EPM	LES MILLS BODYPUMP	LES MILLS EPM HIT		
7.10am					Strength		
7.15am							
8.05am	Plates	Plates	Plates	Stretch	Plates		
8.15am						Stretch Spin	LES MILLS EPM Virtual Class
9.10am			LES MILLS BODYPUMP				
9.15am	AquaFit LES MILLS EPM Yoga	AquaFit LES MILLS EPM Plates	AquaFit	AquaFit LES MILLS EPM Yoga	AquaFit LES MILLS EPM Plates	AquaFit LES MILLS BODYPUMP	Yoga LES MILLS EPM Virtual Class
10.15am	AquaFit Kettlebell	AquaFit Plates	AquaFit Kettlebell	LES MILLS BODYSTEP	AquaFit Plates	Plates	Yoga
11.15am	Plates	Kettlebell	Plates	Plates	Yoga	LES MILLS BODYSTEP	
11.40am				Aqua Therapy			
12.15pm	Plates	Yoga	Yoga	Plates		Aqua Therapy	
1.00pm	Aqua Therapy						
1.15pm			Stretch	Kettlebell			
4.30pm		LES MILLS BODYPUMP	Strength	Boxing		Yoga	
5.30pm	LES MILLS BODYPUMP Spin	Plates LES MILLS EPM	Boxing LES MILLS EPM HIT & Lift	LES MILLS BODYPUMP Spin	Yoga		
5.45pm			AquaFit PP				
6.30pm	Yoga	Yoga AquaFit	Spin				

*AquaFit PP and Aqua Therapy classes are held in the Programs Pool.

Please note that 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.

Lafit

Group Fitness Timetable

Group Fitness Class Descriptions

BOOYBUMP

Tone, sculpt and strengthen your body with this barre class which focuses on low weight and high reps for a total body workout.

BOOYSTEP

Bank stepping, just like walking up and down stairs is at the heart of LES MILLS BOOBYSTEP™ – a full-body cardio workout to really tone your butt and thighs.

TO NE

ALES MILLS TONE™ workout includes a mix of exercises to work the whole body and elevate the heart rate. The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

BOXING (Outdoor Class)

At of burning cardio strength and toning workout for a full-body workout. Combos, cardio drills and specific boxing exercises.

KETTLEBELL

Cardio and full body strengthening workout which leads to increased strength, endurance and toning. This kettlebell workout also strengthens ligaments and tendons for injury prevention.

STRENGTH

Strength is a full body workout suitable for all fitness levels. This is a circuit-based class with a variety of resistance exercises. Strength provides an opportunity to learn correct technique while also focusing on building strength, ability and confidence in a safe and welcoming environment.

HIT

High intensity interval training workouts that aim to get results fast! HIT utilises explosive, high impact body-weight exercises.

HIT & LIN

This class starts with high-intensity interval training which involves short periods of intense anaerobic exercise with less intense recovery periods. The second half of this class includes medium to heavy weight lifting exercises, designed to improve overall muscle strength and appearance.

PILA TONING

Body toning class which combines breathing techniques with key muscle movements to improve core strength, flexibility and overall well-being.

YOGA

A mind-body workout which improves flexibility, cardio and circulatory health, increases muscle and ligament strength, resulting in toning and protection from injury. There is something for everyone!

STRETCH

Increase the flexibility of your joints and muscles with a stretch class. Stretching is a vital component of any fitness regime. You are now to the gym or a professional athlete - stretching can assist in boosting the effectiveness of your training and recovery.

RPM/SPIN

An interval based cycling workout which improves cardio fitness, burns fat, tones the lower body, increases leg strength and muscular endurance.

Aquatic Classes

'AquaFit PPR and Aqua Therapy classes are held in the Programs Pool. 'AquaFit Outdoors' is held in the Outdoor Pool. All other AquaFit classes are held in the Atlantic Titmus Competition Pool

AQUAFIT

A fun aerobic total body workout which builds cardio stamina, increases circulation and flexibility with the benefit of less impact on joints, muscles and bones. Improve your joints, muscles and bones. Improve your joints, range of movement, balance and mobility with AquaFit!

AQUA THERAPY

Aqua Therapy is an aquatic-based class that combines joint mobility, body weight therapy, strength work with dumbbells, and gentle stretching. These sessions are designed to clear out dysfunction in the body and leave participants moving and feeling better after each session.

