Group Fitness

1 February – 28 March TERM 1

WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	meta	metafit.	HIIT		GRIT STRENGTH
8:45am					Lesmills BODYPUMP
9:00am	LesMILLS BODYPUMP		вооту	SD	
9:35am		GRIT STRENGTH	Lesmills BODYBALANCE		
9:50am				CORE	Lesmills BODYBALANCE
10:10am	Lesmills Shapes				
5:00pm	SD		GRIT STRENGTH		
5:15pm		Lesmills BODYPUMP		Lesmills Shapes	
5:35pm			CORE		
6:00pm	Lesmills BODYBALANCE			Lesmills BODYPUMP	
6:15pm		ZVMBA°			

WEEKEND

	SATURDAY	SUNDAY	
7:45am	meta PWR		
8:30am	Lesmills BODYPUMP	Lesmills BODYPUMP	
9:35am	CORE	Lesmills BODYBALANCE	
10:15am	ZVMBA°		

NEW CLASS

SD STRENGTH DEVELOPMENT

Is a 45 minute class. A full body functional strength workout. We focus on setting a strong foundation of good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guilds. This workout is off the beat of the music, and you decide the weights you would like to work with.

Important: Please arrive 10 minutes prior to the class starting time to allow for setup. There is strictly no admittance to class after commencement for safety reasons. As courtesy to the class, do not leave until the class has finished. Please check Facebook for public holiday schedules facebook.com/KarrathaLeisureplex



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WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	RPM •	RPM •	RPM	Sprint	RPM (
8:45am			THE TRIP		
9:00am		Sprint			LesMills RPM
5:00pm		Sprint			Sprint
5:15pm	THE TRIP		LesMILLS RPM		

Les Mills RPM on Demand

Our RPM on demand class is available during centre opening hours.

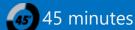
If the bike studio is available you can request a time with reception.



Virtual Class

Class Duration





For more class information please refer to program guide online

Casual entry

60 minutes - \$23 45 minutes - \$23 30 minutes - \$11.50

Visit passes and memberships available

Group Fitness memberships

1 month - \$136

3 months - \$324

6 months - \$584

12 months - 1032

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