

# Group Fitness

1 February – 28 March

TERM 1

WEEKDAYS

WEEKEND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	<b>meta<sup>™</sup></b> <b>PWR</b>	<b>metafit<sup>™</sup></b> HIIT TRAINING	<b>HIIT</b> <b>CIRCUIT</b>		<b>LES MILLS</b> <b>GRIT<sup>™</sup></b> <b>STRENGTH</b>
8:45am					<b>LES MILLS</b> <b>BODYPUMP</b>
9:00am	<b>LES MILLS</b> <b>BODYPUMP</b>		<b>BOOTY</b>	<b>SD</b>	
9:35am		<b>LES MILLS</b> <b>GRIT<sup>™</sup></b> <b>STRENGTH</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>		
9:50am				<b>LES MILLS</b> <b>CORE</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>
10:10am	<b>LES MILLS</b> <b>Shapes</b>				
5:00pm	<b>SD</b>		<b>LES MILLS</b> <b>GRIT<sup>™</sup></b> <b>STRENGTH</b>		
5:15pm		<b>LES MILLS</b> <b>BODYPUMP</b>		<b>LES MILLS</b> <b>Shapes</b>	
5:35pm			<b>LES MILLS</b> <b>CORE</b>		
6:00pm	<b>LES MILLS</b> <b>BODYBALANCE</b>			<b>LES MILLS</b> <b>BODYPUMP</b>	
6:15pm		<b>ZUMBA</b>			

	SATURDAY	SUNDAY
7:45am	<b>meta<sup>™</sup></b> <b>PWR</b>	
8:30am	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYPUMP</b>
9:35am	<b>LES MILLS</b> <b>CORE</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>
10:15am	<b>ZUMBA</b>	

## 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](https://facebook.com/KarrathaLeisureplex)







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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	<b>LES MILLS</b> <b>RPM</b> 	<b>LES MILLS</b> <b>RPM</b> 	<b>LES MILLS</b> <b>RPM</b> 	<b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>RPM</b> 
8:45am			<b>THE TRIP</b>		
9:00am		<b>LES MILLS</b> <b>sprint</b>			<b>LES MILLS</b> <b>RPM</b>
5:00pm		<b>LES MILLS</b> <b>sprint</b>			<b>LES MILLS</b> <b>sprint</b>
5:15pm	<b>THE TRIP</b>		<b>LES MILLS</b> <b>RPM</b>		


## 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

 30 minutes

 45 minutes

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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