




GROUP FITNESS

7th October - 20th December

WEEKDAYS **TERM 4** WEEKEND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	LES MILLS BODYPUMP 	metafit HIT TRAINING	HIIT CIRCUIT		LES MILLS GRIT STRENGTH
9:00am	LES MILLS BODYPUMP		SD	BOOTY	LES MILLS BODYPUMP
9:35am		LES MILLS CORE		LES MILLS Shapes 	
9:50am			LES MILLS BODYBALANCE		
10:10am	LES MILLS Shapes				LES MILLS BODYBALANCE
5:00pm	SD		LES MILLS GRIT STRENGTH		
5:15pm		LES MILLS BODYPUMP		LES MILLS Shapes	
5:35pm			LES MILLS CORE		
6:00pm	LES MILLS BODYBALANCE			LES MILLS BODYPUMP 	
6:15pm					

	SATURDAY	SUNDAY
7:45am	meta PWR	
8:30am	LES MILLS BODYPUMP	LES MILLS BODYPUMP
9:35am	LES MILLS CORE	LES MILLS BODYBALANCE
10:15am		

Class Duration








30 minutes



45 minutes

For more class information please refer to program guide on the back of this timetable

BIKE STUDIO

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

Group Fitness Memberships

1 month - \$140
3 months - \$335
6 months - \$605
12 months - \$1032

Casual Entry

45+ minutes - \$24
30 minutes - \$12
Visit passes also available

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.

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

PROGRAM GUIDE

PROGRAM	CATEGORY	DESCRIPTION	DURATION	INTENSITY
LES MILLS CORE	STRENGTH	FIND YOUR CENTRE. Build and maintain a superior Core in this personal trainer inspired workout.	30'	MODERATE
LES MILLS sprint	CARDIO	RAPID RESULTS. Fast and hard cycle training that returns rapid results with minimal joint impact.	30'	HIGH
LES MILLS GRIT STRENGTH	HIGH INTENSITY INTERVAL	INNER ATHLETE. High intensity training utilising barbells, weights and bodyweight exercises.	30'	HIGH
meta PWR	HIGH INTENSITY INTERVAL	UNLEASH YOUR POTENTIAL. Explosive circuit style training designed to develop strength, power and agility.	30'	HIGH
metafit HIIT TRAINING	HIGH INTENSITY INTERVAL	BODYWEIGHT HIIT. A dynamic high-intensity workout designed to push your limits and maximise results in minimal time.	30'	HIGH
BOOTY	STRENGTH	FEEL THE BURN. A glute inspired workout to tone and strengthen the lower body.	30'	MODERATE
LES MILLS RPM	CARDIO	EXPERIENCE THE JOURNEY. A combination of flat riding, hill climbs and sprints paired with motivational music to push you to your limits.	45'	MODERATE - HIGH
THE TRIP	CARDIO	IMMERSIVE WORKOUT EXPERIENCE. Cycle your way through a virtual landscape that challenges your intensity.	45'	MODERATE - HIGH
LES MILLS BODYPUMP	STRENGTH	BE STRONG. A total body workout that will burn calories, shape, and tone your entire body, increase core strength and improve general health	60'	MODERATE - HIGH
HIIT CIRCUIT	HIGH INTENSITY INTERVAL	HIGH INTENSITY. This workout uses barbell, weighted plates, a step and bodyweight to hit all major muscle groups.	30'	HIGH
LES MILLS BODYBALANCE	MIND / BODY	FEEL REFRESHED. A Tai Chi, Yoga and Pilates inspired session that leaves you strong and centred.	60'	LOW
ZUMBA	DANCE	EXPRESS YOURSELF. Fuelled by street culture, this dance and cardio workout will leave you feeling like a star.	60'	MODERATE - HIGH
LES MILLS Shapes	STRENGTH	INSPIRE MOVEMENT. A blend of Pilates, Barre and power yoga set to a modern beat. Sculpt and strengthen, improve alignment and increase flexibility	45'	MODERATE - HIGH
SD	STRENGTH	FUNCTIONAL STRENGTH. Focused on setting a strong foundation of good technique within a traditional compound strength training structure	45'	MODERATE - HIGH

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