





# GROUP FITNESS

7 October – 20 December

WEEKDAYS **TERM 4** WEEKEND

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

	SATURDAY	SUNDAY
7:45am	<b>meta</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		

## 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	<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>THE TRIP</b>	<b>LES MILLS</b> <b>sprint</b>			
5:15pm					<b>LES MILLS</b> <b>sprint</b>

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

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