Group Fitness 9 OCT - 20 DEC 2023

TERM 4

WEEKDAYS

WWI		PAI			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	meta PWR	metafit	HIIT		GRIT STRENGTH
9:00am	Lesmills BODYPUMP		HIIT	вооту	Lesmills BODYPUMP
9:35am		GRIT STRENGTH	Lesmills BODYBALANCE	CORE	
10:10am	PILATES				Lesmills BODYBALANCE
5:00pm	LESMILLS BODYPUMP		GRIT STRENGTH		
5:15pm		Lesmills BODYPUMP			
5:35pm			CORE		
6:00pm	Lesmills BODYBALANCE			LESMILLS BODYPUMP	
6:15pm			ZVMBA°		
6:20pm		PILATES			

WEEKEND

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

INTRODUCING...

HIITSTEP

A 30-minute high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories.

HIITCIRCUIT

A 30-minute super intense HIIT workout, designed to build muscle, increase power and burn hundreds of calories. This workout uses a barbell, weight plate, step and bodyweight exercises to provide you with the all-round ultimate workout.

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

Les Mills RPM on Demand

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

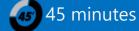
If the bike studio is available you can request a time with reception.



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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