

Group Fitness

9 OCT – 20 DEC 2023
TERM 4

WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	meta PWR	metafit. HIIT TRAINING	HIIT CIRCUIT		LES MILLS GRIT STRENGTH
9:00am	LES MILLS BODYPUMP		HIIT STEP	BOOTY	LES MILLS BODYPUMP
9:35am		LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE	LES MILLS CORE	
10:10am	PILATES				LES MILLS BODYBALANCE
5:00pm	LES MILLS BODYPUMP 45'		LES MILLS GRIT STRENGTH		
5:15pm		LES MILLS BODYPUMP		HIIT STEP	
5:35pm			LES MILLS CORE		
6:00pm	LES MILLS BODYBALANCE			LES MILLS BODYPUMP 45'	
6:15pm			ZUMBA		
6:20pm		PILATES			

WEEKEND

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

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	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		LES MILLS sprint			
5:15pm	THE TRIP		LES MILLS RPM		LES MILLS 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



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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