





Group Fitness

SCHOOL HOLIDAYS

2nd April – 14th April

WEEKDAYS

	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 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

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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WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am		metafit HIIT TRAINING	HIIT CIRCUIT		LES MILLS GRIT™ STRENGTH
8:45am					LES MILLS BODYPUMP
9:00am	LES MILLS BODYPUMP			SD	
9:35am		LES MILLS GRIT™ STRENGTH		LES MILLS CORE	
9:50am			LES MILLS BODYBALANCE		LES MILLS BODYBALANCE
10:10am	LES MILLS Shapes				
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		ZUMBA			

WEEKEND

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

THE TRIP

EXPERIENCE THE
JOURNEY

Cycle your way
through a virtual
landscape that
challenges your
intensity.

Turn over for
BIKE STUDIO
timetable

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