

Group Fitness

1 July – 14 July
School Holidays

WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am		metafit HIIT TRAINING	HIIT CIRCUIT		LES MILLS GRIT STRENGTH
9:00am	LES MILLS BODYPUMP		SD		LES MILLS BODYPUMP
9:35am				LES MILLS CORE	
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 45'	

WEEKEND

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

60 MIN PROGRAMS

BODY PUMP
BODY BALANCE
ZUMBA

45 MIN PROGRAMS

SHAPES
SD
THE TRIP
RPM

30 MIN PROGRAMS

CORE
METAFIT
GRIT
HIIT CIRCUIT
SPRINT





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



Group Fitness

1 July – 14 July
School Holidays
BIKE STUDIO

WEEKDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05am	LesMILLS RPM 	LesMILLS RPM 	LesMILLS RPM 	LesMILLS <i>sprint</i>	LesMILLS RPM 
8:45am				THE TRIP	
9:00am		LesMILLS <i>sprint</i>			LesMILLS RPM
5:00pm		LesMILLS <i>sprint</i>			

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

45 + minutes - \$24

30 minutes - \$12

Visit passes and memberships available

Group Fitness memberships

1 month - \$140

3 months - \$335

6 months - \$605

12 months - \$1032

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