

TIMETABLE

Summer Holidays
17th Dec - 12th Jan



17th - 23rd December

TIME	TUESDAY 17 Dec	WEDNESDAY 18 Dec	THURSDAY 19 Dec	FRIDAY 20 Dec	TIME	SATURDAY 21 Dec	SUNDAY 22 Dec	MONDAY 23 Dec
6.05am		LES MILLS RPM	TOTAL BODY WORKOUT	LES MILLS RPM	6.05am			LES MILLS RPM
7.00am		YOGA	FITNESS PLUS		7.00am			
8.15am				YOGA	8.00am	LES MILLS RPM		PILATES
9.00am	TOTAL BODY WORKOUT		TOTAL BODY WORKOUT		9.00am	LES MILLS BODYPUMP		
9.30am					9.30am			
1.00pm	LES MILLS RPM		PILATES		1.00pm			
4.00pm					4.00pm			
5.00pm				LES MILLS BODYCOMBAT	5.00pm		LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
5.30pm		LES MILLS RPM	LES MILLS BODYPUMP		5.30pm			YOGA
	YOGA	YOGA	LES MILLS BODYBALANCE					
		LES MILLS BODYSTEP						

24th Dec - GYM & COURT ACCESS ONLY - 6am to 12pm (Closed 25th & 26th Dec)
27th - 31st Dec - GYM & COURT ACCESS ONLY - 8am to 2pm

30th December - 5th January

TIME	MONDAY 30 Dec	TUESDAY 31 Dec	WEDNESDAY 1 Jan	THURSDAY 2 Jan	FRIDAY 3 Jan	TIME	SATURDAY 4 Jan	SUNDAY 5 Jan		
6.05am	GYM & COURT ACCESS ONLY	GYM & COURT ACCESS ONLY	CLOSED	TOTAL BODY WORKOUT	LES MILLS RPM	6.05am				
7.00am										
8.15am						YOGA		8.00am	LES MILLS RPM	
9.00am								9.00am	LES MILLS BODYPUMP	
9.30am								9.30am		
1.00pm								1.00pm		
4.00pm								4.00pm		
5.00pm				8am - 2pm	8am - 2pm			5.00pm		LES MILLS BODYBALANCE
5.30pm							LES MILLS BODYPUMP	5.30pm		
6.00pm										

PRE-BOOKING IS AVAILABLE TO MEMBERS ONLY
IF YOU HAVE PRE-BOOKED AND ARE NO LONGER ABLE TO ATTEND YOU MUST CANCEL BY PHONING
02 6773 3856 (Classes are subject to change)

6th - 12th January

TIME	MONDAY 6 Jan	TUESDAY 7 Jan	WEDNESDAY 8 Jan	THURSDAY 9 Jan	FRIDAY 10 Jan	TIME	SATURDAY 11 Jan	SUNDAY 12 Jan
6.05am	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
6.30am			YOGA					
7.00am		FITNESS PLUS		FITNESS PLUS				
8.15am	PILATES				YOGA	8.00am	LES MILLS RPM	
9.00am						9.00am	LES MILLS BODYPUMP	
1.00pm		LES MILLS RPM		PILATES				
5.00pm	LES MILLS BODYCOMBAT					5.00pm		LES MILLS BODYBALANCE
5.30pm	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT			
	YOGA	YOGA	YOGA	LES MILLS BODYBALANCE				
			LES MILLS BODYSTEP					
6.00pm		TOTAL BODY WORKOUT						

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CLASS DESCRIPTIONS

LES MILLS BODYPUMP

BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!

LES MILLS RPM

RPM™ is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

LES MILLS BODYSTEP

BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.

LES MILLS CXWORX

Based on cutting-edge scientific research, CXWORX® is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body, CXWORX® will leave you looking good and feeling strong. Strengthen and tone your core, taking your abs to the next level.

LES MILLS BODYBALANCE

BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey.

FITNESS PLUS

FITNESS PLUS is a low to medium intensity circuit class consisting of three phases: cardio, resistance & core, delivering an all body workout. It is a freestyle class suitable for all ages and fitness levels. It's 7am timeslot guarantees you to start the day off on your front foot.

LES MILLS BODYCOMBAT

BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior.

YOGA

Yoga is for everyone. Every shape. Every body. Every man and every woman. Yoga is about allowing everyone the ability to experience the practice. You've just got to take that first step, that first downward, and you'll see for yourself. Tone muscle, eliminate tension, increase flexibility, correct alignment... it may even change your life.

TOTAL BODY BLAST

TOTAL BODY WORKOUT

These two bad boys are our freestyle classes and cater to all levels of fitness.

WORKOUT is medium - high intensity interval class with low options offered. Saddled with our free crèche operating in conjunction, it's the perfect opportunity for you to offload the little ones for a class and a coffee afterward.

BLAST is the high intensity version of Workout and is designed to push you to your limits, still with all the fun of a group fitness class.

BOOKINGS ARE SUBJECT TO CHANGE
REFER TO SPORTUNE WEBSITE FOR POLICIES



December

Monday 23th Normal Trading

Tuesday 24th 6am - 12pm

Wednesday 25th CLOSED

Thursday 26th CLOSED

Friday 27th 8am - 2pm

Saturday 28th 8am - 2pm

Sunday 29th 8am - 2pm

Monday 30th 8am - 2pm

Tuesday 31st 8am - 2pm

January

Wednesday 1st CLOSED

Thursday 2nd Normal Trading



*Christmas
Opening
Hours*

