

# FITNESS TIMETABLE FROM MONDAY 23<sup>rd</sup> DECEMBER 2024 - SUNDAY 12<sup>th</sup> JANUARY 2025

MONDAY 23 DEC	
6.00am	45  LESMILLS BODYCOMBAT
6.15am	30 LESMILLS <b>sprint</b>
6.45am	30  LESMILLS BODYBALANCE
9.10am	45 LESMILLS <b>BODYPUMP</b>
	30 LESMILLS <b>sprint</b>
10.15am	30  LESMILLS <b>CORE</b>
4.00pm	30  LESMILLS BODYCOMBAT
5.45pm	45 LESMILLS <b>tone</b>
6.30pm	45 <b>CYCLE BEATS</b>
7.15pm	30  LESMILLS BODYBALANCE

TUESDAY 24 DEC	
7.15am	45  LESMILLS <b>BODYPUMP</b>
9.10am	45 LESMILLS <b>RPM</b>
10.30am	60  LESMILLS BODYBALANCE

**WEDNESDAY 25 DEC**  
**CLOSED**  
 NO CLASSES   
**MERRY CHRISTMAS!**

THURSDAY 26 DEC	
7.15am	45  LESMILLS <b>BODYPUMP</b>
9.10am	45  LESMILLS <b>DANCE</b>
10.00am	45  LESMILLS <b>BODYBALANCE</b>

FRIDAY 27 DEC	
7.15am	45  LESMILLS <b>BODYPUMP</b>
8.30am	30 <b>tone</b>
9.00am	30 LESMILLS <b>sprint</b>
10.00am	45  LESMILLS BODYBALANCE
4.00pm	45  LESMILLS <b>BODYPUMP</b>

SATURDAY 28 DEC	
7.15am	45  LESMILLS <b>BODYATTACK</b>
8.00am	45 LESMILLS <b>BODYPUMP</b>
8.45am	30 <b>tone</b>
9.15am	30 <b>CORE</b>
9.45am	30 LESMILLS <b>sprint</b>
10.30am	45  LESMILLS <b>BODYBALANCE</b>

SUNDAY 29 DEC	
7.15am	45  LESMILLS <b>BODYBALANCE</b>
8.30am	45 LESMILLS <b>BODYPUMP</b>
9.15am	30 <b>CORE</b>
	45 LESMILLS <b>RPM</b>
10.00am	60  LESMILLS <b>BODYBALANCE</b>

**CYCLE BEATS**  
 Karaoke vibes/Cycle Class to Pop Music

\*For latest updates check our socials or [www.starplex.com.au](http://www.starplex.com.au)

MONDAY 30 DEC	
7.15am	45  LESMILLS <b>BODYPUMP</b>
9.10am	45 LESMILLS <b>RPM</b>
10.00am	30 LESMILLS <b>CORE</b>
10.30am	60  LESMILLS <b>BODYBALANCE</b>
4.00pm	45  LESMILLS <b>BODYPUMP</b>

TUESDAY 31 DEC	
7.15am	45  LESMILLS <b>BODYPUMP</b>
9.10am	30 LESMILLS <b>sprint</b>
10.30am	60  LESMILLS <b>BODYBALANCE</b>

**WEDNESDAY 1 JAN**  
**CLOSED**  
 NO CLASSES   
**HAPPY NEW YEAR!**

THURSDAY 2 JAN	
6.15am	45 LESMILLS <b>BODYPUMP</b>
8.15am	45  LESMILLS <b>BODYBALANCE</b>
9.10am	45 <b>tone</b>
10.15am	45 <b>MAT PILATES</b>
4.00pm	45  LESMILLS <b>BODYATTACK</b>
5.30pm	45  LESMILLS <b>BODYPUMP</b>
5.45pm	45 LESMILLS <b>RPM</b>
6.30pm	30 <b>CORE</b>
7.15pm	60  LESMILLS <b>BODYBALANCE</b>

FRIDAY 3 JAN	
6.00am	45  LESMILLS <b>BODYPUMP</b>
6.15am	30 LESMILLS <b>sprint</b>
8.15am	45  LESMILLS <b>BODYBALANCE</b>
	45 LESMILLS <b>BODYATTACK</b>
9.10am	30 LESMILLS <b>sprint</b>
10.30am	45 LESMILLS <b>BODYBALANCE</b>
4.00pm	45  LESMILLS <b>BODYPUMP</b>
5.45pm	45 LESMILLS <b>DANCE</b>
6.30pm	60  LESMILLS <b>BODYBALANCE</b>

SATURDAY 4 JAN	
7.15am	45  LESMILLS <b>BODYATTACK</b>
8.15am	45 LESMILLS <b>BODYPUMP</b>
9.00am	30 <b>tone</b>
	60 LESMILLS <b>BODYBALANCE</b>
9.30am	30 LESMILLS <b>sprint</b>
10.00am	30 <b>CORE</b>

SUNDAY 5 JAN	
7.15am	45  LESMILLS <b>BODYBALANCE</b>
8.30am	45 LESMILLS <b>BODYPUMP</b>
9.15am	30 <b>CORE</b>
	45 LESMILLS <b>RPM</b>
10.00am	60  LESMILLS <b>BODYBALANCE</b>

**STARplex SWIM CENTRE** will be CLOSED...  
 16 - 20 December 2024  
 25 & 26 December 2024 & 1 January 2025.

Visit [www.starplex.com.au](http://www.starplex.com.au) for the latest timetable and keep up-to-date with latest changes via our socials.



**FITNESS CENTRE**

[starplex.com.au](http://starplex.com.au) 8522 0622

Class Duration (minutes)

30 45 60

SEE PAGE 2 FOR  
 TIMETABLE UP TO  
 SUNDAY 12th JANUARY.

**LES MILLS VIRTUAL**

Video-based classes.  
 Features some of the best  
 trainers on the planet!



# FITNESS TIMETABLE CONTINUED MONDAY 6<sup>th</sup> - SUNDAY 12<sup>th</sup> JANUARY 2025

MONDAY 6 JAN	TUESDAY 7 JAN	WEDNESDAY 8 JAN	THURSDAY 9 JAN	FRIDAY 10 JAN	SATURDAY 11 JAN	SUNDAY 12 JAN
6.00am 45  LESMILLS BODYCOMBAT	6.15am 60  LESMILLS BODYPUMP	6.15am 30  LESMILLS sprint	6.15am 45  LESMILLS BODYPUMP	6.00am 45  LESMILLS BODYPUMP	7.15am 45  LESMILLS BODYATTACK	7.15am 45  LESMILLS BODYBALANCE
6.15am 45  LESMILLS RPM	8.15am 45  LESMILLS BODYBALANCE	8.15am 30  LESMILLS CORE	8.15am 45  LESMILLS BODYBALANCE	6.15am 45  LESMILLS RPM	8.15am 45  LESMILLS BODYPUMP	8.30am 45  LESMILLS BODYPUMP
6.45am 30  LESMILLS BODYBALANCE	9.10am 45  LESMILLS BODYCOMBAT	8.15am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS tone	8.15am 45  LESMILLS BODYBALANCE	9.00am 30  LESMILLS tone	9.15am 30  LESMILLS CORE
9.10am 45  LESMILLS BODYPUMP	9.10am 30  LESMILLS sprint	9.10am 30  LESMILLS sprint	9.10am 45  LESMILLS RPM	9.10am 30  LESMILLS sprint	9.30am 30  LESMILLS BODYBALANCE	10.00am 45  LESMILLS RPM
9.10am 45  MAT PILATES	10.00am 30  LESMILLS CORE	10.00am 45  LESMILLS BODYPUMP	10.00am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS BODYATTACK	10.00am 30  LESMILLS CORE	10.00am 60  LESMILLS BODYBALANCE
10.15am 30  LESMILLS CORE	10.30am 60  LESMILLS BODYBALANCE	10.00am 60  LESMILLS BODYBALANCE	10.15am 45  MAT PILATES	10.30am 60  LESMILLS BODYBALANCE	10.30am 60  LESMILLS BODYBALANCE	
4.00pm 45  LESMILLS BODYCOMBAT	10.30am 45  LESMILLS BODYATTACK	11.00am 45  LESMILLS DANCE	4.00pm 45  LESMILLS BODYATTACK	4.00pm 45  LESMILLS BODYPUMP	4.00pm 45  LESMILLS BODYPUMP	
5.45pm 45  LESMILLS tone	4.00pm 45  LESMILLS BODYBALANCE	4.00pm 30  LESMILLS CORE	5.30pm 45  LESMILLS BODYPUMP	5.45pm 45  LESMILLS RPM	5.45pm 45  LESMILLS DANCE	
6.30pm 45  LESMILLS BODYPUMP	5.45pm 30  LESMILLS sprint	5.45pm 45  LESMILLS BODYPUMP	6.30pm 30  LESMILLS CORE	6.30pm 30  LESMILLS CORE	6.30pm 60  LESMILLS BODYBALANCE	
6.30pm 45  LESMILLS RPM	6.30pm 60  LESMILLS BODYBALANCE	6.30pm 30  LESMILLS sprint	7.15pm 60  LESMILLS BODYBALANCE			
6.30pm 60  LESMILLS BODYBALANCE	7.30pm 45  LESMILLS DANCE	6.30pm 45  LESMILLS BODYCOMBAT				
7.30pm 45  LESMILLS BODYATTACK	7.30pm 45  LESMILLS DANCE	7.30pm 60  LESMILLS BODYBALANCE				
8.15pm 30  LESMILLS CORE	8.30pm 30  LESMILLS BODYPUMP					



## Discover Reformer Pilates



6 for \$50\*

Includes 1x Orientation Class  
Starter Pack

\*T&Cs apply.



Class Duration (minutes)

30 45 60

Can't make it to our regular group fitness class times?  
Ask our staff to play it at your time!



## EXPERIENCE LES MILLS VIRTUAL

HUNDREDS OF SCIENTIFICALLY-BACKED WORKOUTS,  
IN CINEMATIC QUALITY, VIRTUALLY, ANYTIME.



FITNESS CENTRE

starplex.com.au 8522 0622