FITNESS TIMETABLE FROM MONDAY 23rd DECEMBER 2024 - SUNDAY 12th JANUARY 2025



CYCLE BEATS
Karaoke vibes/Cycle Class to Pop Music

*For latest updates check our **socials** or **www.starplex.com.au**

45 O

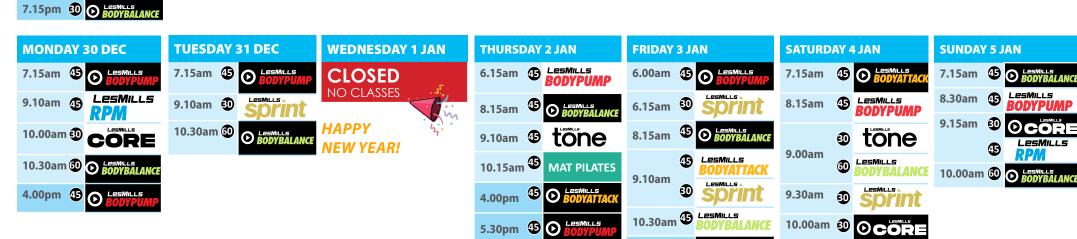
60

D BODYBALANC

4.00pm

5.45pm

6.30pm



5.45pm 45

6.30pm

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

Visit www.starplex.com.au for the latest timetable and keep up-to-date with latest changes via our socials.

5.45pm

6.30pm

tone

45 CYCLE BEATS









LesMills

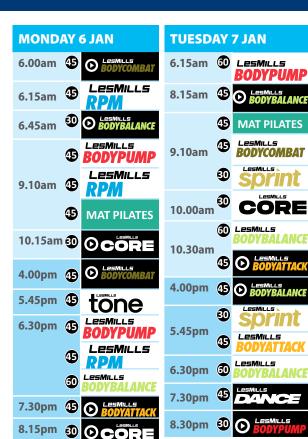
CORE

7.15pm 60 ESMILLS





FITNESS TIMETABLE CONTINUED MONDAY 6th - SUNDAY 12th JANUARY 2025





LesMills

WEDNE	SD	AY 8 JAN
6.15am	3	Sprint
	30	O CORE
8.15am	4	D LESMILLS BODYPUMP
9.10am	30	Sprint
	4	tone
10.00am	4	Lesmills BODYPUMP
	1	Lesmills BODYBALANCE
11.00am	4 5	DANCE
4.00pm	30	O CORE
5.45pm	4	Lesmills BODYPUMP
	30	Sprint
6.30pm	4	Lesmills BODYCOMBAT
7.30pm	1	O BODYBALANCE

THURSDA	FRIDAY 10 JAN			
6.15am 45	LesMILLS BODYPUMP	6.00am	4 5	O BODYPUN
8.15am 45	O BODYBALANCE	6.15am	Ð	LesMILL!
45	tone	8.15am	4 5	O BODYBALAI
9.10am 45	LESMILLS RPM	0.10	30	Sprin
10.00am 45	LESMILLS BODYPUMP	9.10am	4 5	LesMILLS BODYATTAC
10.15am 45	MAT PILATES	10.30am	①	Lesmills BODYBALAN
4.00pm 45	O BODYATTACK	4.00pm	4 5	O BODYPUA
5.30pm 45	O BODYPUMP	5.45pm	4 5	LesMILLS
5.45pm 45	LESMILLS RPM	6.30pm		O RODYRALAN
6.30pm 30	CORE	0.50pm		O BOD I DALAIN
7.15pm 60	O BODYBALANCE			











