



Weekly Timetable

KEY

LIVE CLASS

VIRTUAL CLASS
Studio 1

AM

PM

CLASS DURATIONS
• 30mins • 45mins • 60mins

FITNESS CENTRE EVANSTON PARK

starplex.com.au

Effective 24 March 2025 PLEASE BOOK INTO CLASSES AT STARPLEX RECEPTION WHEN YOU ARRIVE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p> LESMILLS BODYCOMBAT 6:00am • 45mins Studio 1</p> <p> LESMILLS sprint 6:15am • 30mins Cycle Studio</p> <p> LESMILLS BODYBALANCE 6:45am • 30mins Studio 1</p> <p> LESMILLS GRIT CARDIO 8:30am • 30mins Studio 1</p> <p> LESMILLS BODYPUMP 9:10am • 45mins Studio 1</p> <p> LESMILLS RPM 9:10am • 45mins Cycle Studio</p> <p> LESMILLS MAT PILATES 9:10am • 45mins Wellbeing Studio</p> <p> LESMILLS CORE 10:00am • 30mins Studio 1</p>	<p> LESMILLS BODYPUMP 6:15am • 60mins Studio 1</p> <p> LESMILLS BODYBALANCE 8:15am • 45mins Studio 1</p> <p> LESMILLS sprint 9:10am • 30mins Cycle Studio</p> <p> LESMILLS MAT PILATES 9:10am • 45mins Wellbeing Studio</p> <p> LESMILLS BODYCOMBAT 9:10am • 45mins Studio 1</p> <p> LESMILLS CORE 10:00am • 30mins Studio 1</p> <p> LESMILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio</p> <p> LESMILLS GRIT STRENGTH 10:30am • 30mins Studio 1</p>	<p> LESMILLS RPM 6:15am • 45mins Cycle Studio</p> <p> LESMILLS GRIT STRENGTH 6:15am • 30mins Studio 1</p> <p> LESMILLS BODYPUMP 8:00am • 45mins Studio 1</p> <p> LESMILLS tone 9:10am • 45mins Studio 1</p> <p> LESMILLS RPM 9:10am • 45mins Cycle Studio</p> <p> LESMILLS BODYPUMP 10:00am • 45mins Studio 1</p> <p> LESMILLS BODYBALANCE 10:15am • 60mins Wellbeing Studio</p> <p> LESMILLS BODYATTACK 11:00am • 45mins Studio 1</p>	<p> LESMILLS BODYPUMP 6:15am • 60mins Studio 1</p> <p> LESMILLS BODYBALANCE 8:15am • 45mins Studio 1</p> <p> LESMILLS tone 9:10am • 45mins Studio 1</p> <p> LESMILLS sprint 9:10am • 30mins Cycle Studio</p> <p> LESMILLS CORE 10:00am • 30mins Studio 1</p> <p> LESMILLS MAT PILATES 10:15am • 45mins Wellbeing Studio</p>	<p> LESMILLS BODYPUMP 6:00am • 45mins Studio 1</p> <p> LESMILLS RPM 6:15am • 45mins Cycle Studio</p> <p> LESMILLS BODYBALANCE 8:15am • 45mins Studio 1</p> <p> LESMILLS BODYATTACK 9:10am • 40mins Studio 1</p> <p> LESMILLS sprint 9:10am • 30mins Cycle Studio</p> <p> LESMILLS BODYPUMP 9:55am • 35mins Studio 1</p> <p> LESMILLS GRIT ATHLETIC 10:30am • 30mins Studio 1</p> <p> LESMILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio</p>	<p> LESMILLS BODYATTACK 7:10am • 45mins Studio 1</p> <p> LESMILLS BODYPUMP 8:00am • 45mins Studio 1</p> <p> LESMILLS tone 8:45am • 30mins Studio 1</p> <p> LESMILLS BODYBALANCE 9:00am • 60mins Wellbeing Studio</p> <p> LESMILLS CORE 9:15am • 30mins Studio 1</p> <p> LESMILLS BODYCOMBAT 9:45am • 45mins Studio 1</p> <p> LESMILLS sprint 9:45am • 30mins Cycle Studio</p> <p> LESMILLS GRIT STRENGTH 10:30am • 30mins Studio 1</p>	<p> LESMILLS GRIT CARDIO 7:15am • 30mins Studio 1</p> <p> LESMILLS BODYPUMP 8:30am • 45mins Studio 1</p> <p> LESMILLS CORE 9:15am • 30mins Studio 1</p> <p> LESMILLS RPM 9:15am • 45mins Cycle Studio</p> <p> LESMILLS BODYBALANCE 10:00am • 60mins Studio 1</p>
<p> LESMILLS BODYATTACK 4:00pm • 45mins Studio 1</p> <p> LESMILLS tone 5:45pm • 45mins Studio 1</p> <p> LESMILLS RPM 6:30pm • 45mins Cycle Studio</p> <p> LESMILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio</p> <p> LESMILLS BODYPUMP 6:30pm • 45mins Studio 1</p> <p> LESMILLS BODYATTACK 7:30pm • 45mins Studio 1</p> <p> LESMILLS CORE 8:15pm • 30mins Studio 1</p>	<p> LESMILLS BODYBALANCE 4:00pm • 45mins Studio 1</p> <p> LESMILLS sprint 5:45pm • 30mins Cycle Studio</p> <p> LESMILLS BODYATTACK 5:45pm • 45mins Studio 1</p> <p> LESMILLS BOXFIT 6:30pm • 45mins Studio 1</p> <p> LESMILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio</p> <p> LESMILLS GRIT ATHLETIC 7:30pm • 30mins Studio 1</p> <p> LESMILLS CORE 8:00pm • 30mins Studio 1</p>	<p> LESMILLS GRIT CARDIO 4:00pm • 30mins Studio 1</p> <p> LESMILLS BODYPUMP 5:45pm • 45mins Studio 1</p> <p> LESMILLS sprint 5:45pm • 30mins Cycle Studio</p> <p> LESMILLS BODYCOMBAT 6:30pm • 45mins Studio 1</p> <p> LESMILLS YOGA 6:30pm • 60mins Wellbeing Studio</p> <p> LESMILLS BODYBALANCE 7:30pm • 60mins Wellbeing Studio</p> <p> LESMILLS BODYPUMP 8:30pm • 30mins Studio 1</p>	<p> LESMILLS BODYATTACK 4:00pm • 45mins Studio 1</p> <p> LESMILLS GRIT CARDIO 5:00pm • 30mins Studio 1</p> <p> LESMILLS BODYPUMP 5:30pm • 45mins Studio 1</p> <p> LESMILLS RPM 5:45pm • 45mins Cycle Studio</p> <p> LESMILLS CORE 6:30pm • 30mins Studio 1</p> <p> LESMILLS GRIT CARDIO 7:15pm • 30mins Studio 1</p> <p> LESMILLS BODYBALANCE 7:45pm • 60mins Studio 1</p>	<p> LESMILLS BODYPUMP 4:00pm • 45mins Studio 1</p> <p> LESMILLS DANCE 5:30pm • 45mins Studio 1</p> <p> LESMILLS BODYBALANCE 6:15pm • 30mins Studio 1</p>	<p> LESMILLS GRIT ATHLETIC 12:15pm • 30mins Studio 1</p> <p> LESMILLS BODYATTACK 1:00pm • 45mins Studio 1</p> <p> LESMILLS BODYBALANCE 2:30pm • 60mins Studio 1</p> <p> LESMILLS DANCE 4:00pm • 45mins Studio 1</p>	<p> LESMILLS GRIT ATHLETIC 12:15pm • 30mins Studio 1</p> <p> LESMILLS DANCE 2:30pm • 45mins Studio 1</p> <p> LESMILLS BODYBALANCE 3:30pm • 60mins Studio 1</p>



Please ensure your mobile phone is on silent during class.

LESMILLS VIRTUAL

All classes held in Studio 1 - Video-based classes. Features some of the best trainers on the planet!

SWIM CENTRE

<p> AQUA DEEP WATER 7:30am • 45mins</p> <p> AQUA AEROBICS 8:15am • 45mins</p>	<p> AQUA DEEP WATER 7:30am • 45mins</p> <p> AQUA AEROBICS 8:15am • 45mins</p>	<p> AQUA DEEP WATER 7:30am • 45mins</p> <p> AQUA GENTLE MOVERS 8:15am • 45mins</p>	<p> AQUA DEEP WATER 8:15am • 45mins</p>	<p> AQUA DEEP WATER 7:30am • 45mins</p> <p> AQUA AEROBICS 8:15am • 45mins</p>
	<p> AQUA GENTLE MOVERS 1:30pm • 45mins</p> <p> AQUA DEEP WATER 2:15pm • 45mins</p>	<p> AQUA GENTLE MOVERS 1:30pm • 45mins</p>		<p> AQUA GENTLE MOVERS 1:30pm • 45mins</p> <p> AQUA DEEP WATER 2:15pm • 45mins</p>

PLEASE NOTE: All clients must report to STARplex main reception prior to entering the pool area.

*Please check website & socials for public holidays/closures.



CLASS	DESCRIPTION	STUDENT FRIENDLY 10YRS+
LES MILLS RPM	Discover your athlete within! Ride the terrain with your inspiring cycling team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Sweat and burn to reach your endorphin high.	✓
LES MILLS sprint	30 minute High Intensity Interval Training (HIIT) workout using an indoor bike. A quick and hard style of training that returns rapid results with minimal joint impact.	✓
LES MILLS BODY PUMP	Be inspired to achieve real results in this all body workout with weights to challenge all major muscle groups. Great music, fantastic exercises!!	✗
LES MILLS BODY ATTACK	The powerful music will motivate you to get fit and fitter in this high energy interval training class combining athletic, strength and stabilisation exercises.	✓
LES MILLS tone	A great foundational class with a wide variety of options to suit all fitness levels. TONE is the optimal mix of strength, cardio and core training.	✓
LES MILLS CORE	Strong, tight and toned core! Dynamic training for back, glutes, abs and obliques will leave you looking good and feeling strong.	✓
LES MILLS BODY BALANCE	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.	✓
LES MILLS BODY COMBAT	Strike, punch, kick your way through calories to superior cardio fitness. An energetic program, inspired by martial arts.	✓
LES MILLS DANCE	A high energy, cardio based workout which also builds strength and tones muscles. Perfect for anyone who loves to dance! Let the music move you!	✓
LES MILLS GRIT ATHLETIC	30 minute High Intensity Interval Training (HIIT) sports conditioning workout. Using weights and body weight exercises to increase your overall strength, agility, speed and power.	✗
LES MILLS GRIT CARDIO	High Intensity Interval Training (HIIT) workout to improve cardiovascular fitness, increase lean muscle and get results fast! This workout uses a variety of body weight exercises.	✓
LES MILLS GRIT STRENGTH	30 minute High Intensity Interval Training (HIIT) workout Using barbell, weight plates and body weight exercises to improve strength, cardiovascular fitness and build lean muscle.	✗
MAT PILATES	Fantastic posture, strong core and stabilising muscles. Relaxation to finish.	✓
YOGA	Release tension and create steadiness and ease in body and mind, drawing on the roots of Hatha & Vinyasa yoga traditions with a combination of held and flowing postures. This class is perfect for all levels of yoga experience.	✓
BOXFIT	High cardio workout for the whole body, for a strong, lean look.	✗
AQUA AEROBICS	A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.	✓
AQUA DEEP WATER	A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.	✓
AQUA GENTLE MOVERS	A shallow water class which is suitable for all ages and clients are able to work at their own pace.	✓



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FITNESS CENTRE OPENING HOURS

Monday–Friday 5.30am – 9.30pm // **Saturday** 7.00am – 5.00pm // **Sunday** 7.00am – 5.00pm *Check website/socials for public holiday times