

# TEMPORARY TIMETABLE

## MONDAY 13 JAN - SUNDAY 2 FEB 2025

Class Duration (minutes)

30 45 60

MONDAY 13 JAN	TUESDAY 14 JAN	WEDNESDAY 15 JAN	THURSDAY 16 JAN	FRIDAY 17 JAN	SATURDAY 18 JAN	SUNDAY 19 JAN
6.00am 45  LESMILLS BODYCOMBAT	6.15am 60  LESMILLS BODYPUMP	6.15am 45  LESMILLS RPM	6.15am 60  LESMILLS BODYPUMP	6.00am 45  LESMILLS BODYPUMP	7.15am 45  LESMILLS BODYATTACK	7.15am 45  LESMILLS BODYBALANCE
6.15am 30  LESMILLS SPRINT	8.15am 45  LESMILLS BODYBALANCE	6.15am 30  LESMILLS CORE	8.15am 45  LESMILLS BODYBALANCE	6.15am 45  LESMILLS RPM	8.10am 45  LESMILLS BODYPUMP	8.30am 45  LESMILLS BODYPUMP
6.45am 30  LESMILLS BODYBALANCE	9.10am 45  MAT PILATES	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 45  LESMILLS BODYCOMBAT	9.10am 45  LESMILLS TONE	9.10am 45  LESMILLS RPM	9.10am 45  LESMILLS BODYATTACK	9.30am 30  LESMILLS SPRINT	10.00am 60  LESMILLS BODYBALANCE
9.10am 45  LESMILLS RPM	10.00am 30  LESMILLS CORE	9.10am 30  LESMILLS SPRINT	10.00am 45  LESMILLS BODYPUMP	9.10am 30  LESMILLS SPRINT	10.30am 30  LESMILLS CORE	2.30pm 45  LESMILLS DANCE
10.15am 30  LESMILLS CORE	10.30am 60  LESMILLS BODYBALANCE	10.00am 45  LESMILLS BODYPUMP	10.15am 45  MAT PILATES	10.30am 60  LESMILLS BODYBALANCE	1.00pm 45  LESMILLS BODYATTACK	3.30pm 60  LESMILLS BODYBALANCE
4.00pm 45  LESMILLS BODYCOMBAT	10.30am 45  LESMILLS BODYATTACK	10.00am 60  LESMILLS BODYBALANCE	4.00pm 45  LESMILLS BODYATTACK	4.00pm 45  LESMILLS BODYPUMP	2.30pm 60  LESMILLS BODYBALANCE	
5.45pm 45  LESMILLS TONE	4.00pm 45  LESMILLS BODYBALANCE	11.00am 45  LESMILLS DANCE	5.30pm 45  LESMILLS BODYPUMP	5.30pm 45  LESMILLS DANCE	4.00pm 45  LESMILLS DANCE	
6.30pm 60  LESMILLS BODYBALANCE	5.45pm 30  LESMILLS SPRINT	4.00pm 30  LESMILLS CORE	5.45pm 45  LESMILLS RPM	6.15pm 30  LESMILLS BODYBALANCE		
6.30pm 45  LESMILLS BODYPUMP	5.45pm 45  LESMILLS BODYATTACK	5.45pm 45  LESMILLS BODYPUMP	6.30pm 30  LESMILLS CORE			
7.30pm 45  LESMILLS BODYATTACK	6.30pm 60  LESMILLS BODYBALANCE	5.45pm 30  LESMILLS SPRINT	7.15pm 60  LESMILLS BODYBALANCE			
8.15pm 30  LESMILLS CORE	7.30pm 45  LESMILLS DANCE	6.30pm 45  LESMILLS BODYCOMBAT				
	8.30pm 30  LESMILLS BODYPUMP	7.30pm 60  LESMILLS BODYBALANCE				

MONDAY 20 JAN	TUESDAY 21 JAN	WEDNESDAY 22 JAN	THURSDAY 23 JAN	FRIDAY 24 JAN	SATURDAY 25 JAN	SUNDAY 26 JAN
6.00am 45  LESMILLS BODYCOMBAT	6.15am 60  LESMILLS BODYPUMP	6.15am 45  LESMILLS RPM	6.15am 60  LESMILLS BODYPUMP	6.00am 45  LESMILLS BODYPUMP	7.15am 45  LESMILLS BODYATTACK	7.15am 45  LESMILLS BODYBALANCE
6.15am 30  LESMILLS SPRINT	8.15am 45  LESMILLS BODYBALANCE	6.15am 30  LESMILLS CORE	8.15am 45  LESMILLS BODYBALANCE	6.15am 45  LESMILLS RPM	8.10am 45  LESMILLS BODYPUMP	8.30am 45  LESMILLS BODYPUMP
6.45am 30  LESMILLS BODYBALANCE	9.10am 45  MAT PILATES	8.15am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS RPM	8.15am 45  LESMILLS BODYBALANCE	9.00am 30  LESMILLS TONE	9.15am 30  LESMILLS CORE
9.10am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS BODYCOMBAT	9.10am 45  LESMILLS TONE	10.00am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS BODYATTACK	9.30am 60  LESMILLS BODYBALANCE	10.00am 60  LESMILLS BODYBALANCE
9.10am 45  LESMILLS RPM	10.00am 30  LESMILLS CORE	9.10am 30  LESMILLS SPRINT	10.15am 45  MAT PILATES	9.10am 30  LESMILLS SPRINT	10.00am 30  LESMILLS CORE	2.30pm 45  LESMILLS DANCE
10.15am 30  LESMILLS CORE	10.30am 60  LESMILLS BODYBALANCE	10.00am 60  LESMILLS BODYBALANCE	4.00pm 45  LESMILLS BODYATTACK	10.30am 60  LESMILLS BODYBALANCE	1.00pm 45  LESMILLS BODYATTACK	3.30pm 60  LESMILLS BODYBALANCE
4.00pm 45  LESMILLS BODYCOMBAT	10.30am 45  LESMILLS BODYATTACK	10.00am 45  LESMILLS DANCE	5.30pm 45  LESMILLS BODYPUMP	4.00pm 45  LESMILLS BODYPUMP	2.30pm 60  LESMILLS BODYBALANCE	
5.45pm 45  LESMILLS TONE	4.00pm 45  LESMILLS BODYBALANCE	4.00pm 30  LESMILLS CORE	5.45pm 45  LESMILLS RPM	5.30pm 45  LESMILLS DANCE	4.00pm 45  LESMILLS DANCE	
6.30pm 60  LESMILLS BODYBALANCE	5.45pm 30  LESMILLS SPRINT	5.45pm 45  LESMILLS BODYPUMP	6.30pm 30  LESMILLS CORE	6.15pm 30  LESMILLS BODYBALANCE		
6.30pm 45  LESMILLS BODYPUMP	5.45pm 45  LESMILLS BODYATTACK	5.45pm 30  LESMILLS SPRINT	7.15pm 60  LESMILLS BODYBALANCE			
7.30pm 45  LESMILLS BODYATTACK	6.30pm 60  LESMILLS BODYBALANCE	6.30pm 45  LESMILLS BODYCOMBAT				
8.15pm 30  LESMILLS CORE	7.30pm 45  LESMILLS DANCE	6.30pm 60  LESMILLS BODYBALANCE				
	8.30pm 30  LESMILLS BODYPUMP	7.30pm 60  LESMILLS BODYBALANCE				

MONDAY 27 JAN	TUESDAY 28 JAN	WEDNESDAY 29 JAN	THURSDAY 30 JAN	FRIDAY 31 JAN	SATURDAY 1 FEB	SUNDAY 2 FEB
7.15am 45  LESMILLS BODYPUMP	6.15am 60  LESMILLS BODYPUMP	6.15am 45  LESMILLS RPM	6.15am 45  LESMILLS BODYPUMP	6.00am 45  LESMILLS BODYPUMP	7.15am 45  LESMILLS BODYATTACK	7.15am 45  LESMILLS BODYBALANCE
8.30am 30  LESMILLS TONE	8.15am 45  LESMILLS BODYBALANCE	6.15am 30  LESMILLS CORE	8.15am 45  LESMILLS BODYBALANCE	6.15am 45  LESMILLS RPM	8.10am 45  LESMILLS BODYPUMP	8.30am 45  LESMILLS BODYPUMP
9.00am 30  LESMILLS CORE	9.10am 30  LESMILLS SPRINT	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
9.30am 30  LESMILLS SPRINT	9.10am 45  MAT PILATES	9.10am 45  LESMILLS TONE	10.00am 45  LESMILLS BODYPUMP	9.10am 45  LESMILLS BODYATTACK	9.30am 60  LESMILLS BODYBALANCE	10.00am 60  LESMILLS BODYBALANCE
10.15am 60  LESMILLS BODYBALANCE	9.10am 45  LESMILLS BODYCOMBAT	9.10am 30  LESMILLS SPRINT	10.15am 45  MAT PILATES	9.10am 30  LESMILLS SPRINT	10.00am 30  LESMILLS CORE	2.30pm 45  LESMILLS DANCE
	10.00am 30  LESMILLS CORE	10.00am 45  LESMILLS BODYPUMP	4.00pm 45  LESMILLS BODYATTACK	10.30am 60  LESMILLS BODYBALANCE	1.00pm 45  LESMILLS BODYATTACK	3.30pm 60  LESMILLS BODYBALANCE
	10.30am 60  LESMILLS BODYBALANCE	10.00am 60  LESMILLS BODYBALANCE	5.30pm 45  LESMILLS BODYPUMP	4.00pm 45  LESMILLS BODYPUMP	2.30pm 60  LESMILLS BODYBALANCE	
	4.00pm 45  LESMILLS BODYBALANCE	11.00am 45  LESMILLS DANCE	5.45pm 45  LESMILLS RPM	5.30pm 45  LESMILLS DANCE	4.00pm 45  LESMILLS DANCE	
	5.45pm 30  LESMILLS SPRINT	4.00pm 30  LESMILLS CORE	6.30pm 30  LESMILLS CORE	6.15pm 30  LESMILLS BODYBALANCE		
	5.45pm 45  LESMILLS BODYATTACK	5.45pm 45  LESMILLS BODYPUMP	7.15pm 60  LESMILLS BODYBALANCE			
	6.30pm 60  LESMILLS BODYBALANCE	5.45pm 30  LESMILLS SPRINT				
	7.30pm 45  LESMILLS DANCE	6.30pm 45  LESMILLS BODYCOMBAT				
	8.30pm 30  LESMILLS BODYPUMP	7.30pm 60  LESMILLS BODYBALANCE				













**PUBLIC HOLIDAY**

GYM OPEN:  
7am - 5pm  
POOL CLOSED

Video-based classes.  
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at Trinity College

# GROUP FITNESS CLASS DESCRIPTIONS

 <b>LES MILLS RPM</b>	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.
 <b>LES MILLS sprint</b>	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.
<b>LES MILLS BODYPUMP</b>	Be inspired to achieve real results in this all body workout with weights to challenge all major muscle groups. Great music, fantastic exercises!!
 <b>LES MILLS BODYATTACK</b>	The powerful music will motivate you to get fit and fitter in this high energy interval training class combining athletic, strength and stabilisation exercises.
 <b>LES MILLS tone</b>	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.
 <b>LES MILLS CORE</b>	Strong, tight and toned core! Dynamic training for back, glutes, abs and obliques will leave you looking good and feeling strong.
 <b>LES MILLS BODYBALANCE</b>	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.
 <b>LES MILLS BODYCOMBAT</b>	Strike, punch, kick your way through calories to superior cardio fitness. An energetic program, inspired by martial arts.
 <b>LES MILLS DANCE</b>	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!
 <b>PILATES</b>	Fantastic posture, strong core and stabilising muscles. Relaxation to finish.
<b>BOXFIT</b>	High cardio workout for the whole body, for a strong, lean look.
 <b>AQUA AEROBICS</b>	A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.
 <b>AQUA DEEP WATER</b>	A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.
 <b>AQUA GENTLE MOVERS</b>	A shallow water class which is suitable for all ages and clients are able to work at their own pace.



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

 *Student friendly classes (10yrs+)*

**ALSO AVAILABLE...MY FIT LIFE:** A fully supervised strength orientated class recommended for people who are over 50. The program is aimed at regaining and maintaining strength, improve bone density and increase mobility. *Ask our friendly staff today!*

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

For further information visit our website [www.starplex.com.au](http://www.starplex.com.au) or **PHONE 8522 0622**

## OPENING HOURS

**Monday–Friday 5.30am – 9.30pm // Saturday 7.00am – 5.00pm // Sunday 7.00am – 5.00pm**