



STUDIO 1

EFFECTIVE 22 JUNE 2026

Weekly Timetable

FITNESS CENTRE EVANSTON PARK starplex.com.au

KEY

- L** LIVE CLASS
- V** VIRTUAL CLASS Studio 1
- 30** CLASS DURATIONS
- 45**
- 60**

PLEASE BOOK INTO CLASSES AT STARPLEX RECEPTION OR KIOSK WHEN YOU ARRIVE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	5.35 L CEREMONY 45	L LESMILLS BODYBALANCE 30		L LESMILLS BODYCOMBAT 30	L GRIT STRENGTH 30		
	6.00		L CEREMONY 45				
	6.05				L LESMILLS BODYPUMP 45		
	6.15	L LESMILLS BODYPUMP 60		L LESMILLS BODYPUMP 60			
	7.15						L GRIT CARDIO 30
	8.00		L LESMILLS BODYPUMP 60			L LESMILLS BODYPUMP 45	
	8.15	L GRIT CARDIO 30	L LESMILLS BODYBALANCE 45	L LESMILLS BODYBALANCE 45	L LESMILLS BODYBALANCE 45		L LESMILLS BODYPUMP 45
	8.45					L tone 20	
	9.05					L LESMILLS Shapes 25	
	9.10	L LESMILLS BODYPUMP 45	L LESMILLS BODYCOMBAT 45	L tone 45	L LESMILLS Shapes 45	L LESMILLS BODYATTACK 40	L CORE 30
	9.30					L LESMILLS BODYCOMBAT 45	
	9.55				L LESMILLS BODYPUMP 45		
	10.00	L CORE 30	L LESMILLS Shapes 30	L LESMILLS BODYPUMP 45	L CEREMONY 45		L LESMILLS BODYBALANCE 60
PM	4.00	L LESMILLS BODYBALANCE 45	L LESMILLS BODYATTACK 30	L GRIT CARDIO 30	L LESMILLS BODYATTACK 45	L LESMILLS BODYPUMP 45	L DANCE 45
	5.00	L CEREMONY 45			L CEREMONY 45		
	5.45	L tone 45	L LESMILLS BODYCOMBAT 30	L LESMILLS BODYPUMP 45			
	6.15	L LESMILLS Shapes 45		L LESMILLS Shapes 45	L LESMILLS BODYBALANCE 30		
	6.30	L LESMILLS BODYPUMP 45	L LESMILLS BODYCOMBAT 45				
	7.30	L LESMILLS BODYATTACK 45	L GRIT ATHLETIC 30	L LESMILLS BODYBALANCE 60	L LESMILLS BODYBALANCE 60		



Please ensure your mobile phone is on silent during class.

Please Note: LES MILLS CEREMONY is a 6-week training block (Mon 22 June - Thursday 30 July). Limited 16 spots available for each session. Book your spot via STARplex Client Portal.



WELLBEING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	9.10 L MAT PILATES 45	L MAT PILATES 45					
	9.30					L STRETCH 45	
	10.15		L LESMILLS BODYBALANCE 60	L MAT PILATES 45			
	10.30	L LESMILLS BODYBALANCE 60			L LESMILLS BODYBALANCE 60		
PM	6.30 L LESMILLS BODYBALANCE 60		L MAT PILATES 45				



CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6.15 L LESMILLS sprint 30		L LESMILLS RPM 45		L LESMILLS RPM 45		
	9.10 L LESMILLS RPM 45	L LESMILLS sprint 30	L LESMILLS RPM 45	L LESMILLS sprint 30	L LESMILLS sprint 30		
	9.15						L LESMILLS RPM 45
	9.30					L LESMILLS sprint 30	
PM	5.45	L LESMILLS sprint 30		L LESMILLS RPM 30			
	6.30 L LESMILLS RPM 45						

Check Swim Centre Timetable for Lap/Recreational Swimming times. Class descriptions can be found on the website. Ask us for further information.



SWIM CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	7.30 L AQUA DEEP WATER 45	L AQUA DEEP WATER 45	L AQUA DEEP WATER 45		L AQUA DEEP WATER 45		
	8.15 L AQUA AEROBICS 45	L AQUA AEROBICS 45	L AQUA GENTLE MOVERS 45	L AQUA DEEP WATER 45	L AQUA AEROBICS 45		
PM	1.30	L AQUA GENTLE MOVERS 45			L AQUA GENTLE MOVERS 45		
	2.15	L AQUA DEEP WATER 45			L AQUA DEEP WATER 45		

LES MILLS VIRTUAL Studio 1 - Video-based classes. Features some of the best trainers on the planet! If you can't make class times, ask Reception staff to play during free studio periods.



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

at Trinity College

CLASS	DESCRIPTION	U14YRS FRIENDLY
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 Shapes	An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.	✓
LES MILLS CEREMONY	Structured 6-week training blocks (coaching style). A progressive program, designed to build strength, fitness and confidence. Suitable for all fitness levels, with scalable options. Please Note: Limited 16 spots for each session. Interval training style.	✗
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.	✓
STRETCH	Suitable for all fitness levels, this class aims to enhance your fitness training, improve flexibility and posture through static stretches, mindful breathing, and mobility exercises. Unlock tight muscles and feel amazing!	✓

NEW



at Trinity College

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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