



Weekly Timetable

KEY



LIVE CLASS



VIRTUAL CLASS
Studio 1



AM



PM

CLASS DURATIONS
• 30mins • 45mins • 60mins

FITNESS CENTRE EVANSTON PARK

starplex.com.au



Effective February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYCOMBAT 6:00am • 45mins Studio 1	LES MILLS BODYPUMP 6:15am • 60mins Studio 1	LES MILLS RPM 6:15am • 45mins Cycle Studio	LES MILLS BODYPUMP 6:15am • 60mins Studio 1	LES MILLS BODYPUMP 6:00am • 45mins Studio 1	LES MILLS BODYATTACK 7:10am • 45mins Studio 1	LES MILLS GRIT CARDIO 7:15am • 30mins Studio 1
LES MILLS sprint 6:15am • 30mins Cycle Studio	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	LES MILLS GRIT STRENGTH 6:15am • 30mins Studio 1	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	LES MILLS RPM 6:15am • 45mins Cycle Studio	LES MILLS BODYPUMP 8:00am • 45mins Studio 1	LES MILLS BODYPUMP 8:30am • 45mins Studio 1
LES MILLS BODYBALANCE 6:45am • 30mins Studio 1	LES MILLS sprint 9:10am • 30mins Cycle Studio	LES MILLS BODYPUMP 8:00am • 45mins Studio 1	LES MILLS tone 9:10am • 45mins Studio 1	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	LES MILLS tone 8:45am • 30mins Studio 1	LES MILLS CORE 9:15am • 30mins Studio 1
LES MILLS GRIT CARDIO 8:30am • 30mins Studio 1	LES MILLS MAT PILATES 9:10am • 45mins Wellbeing Studio	LES MILLS tone 9:10am • 45mins Studio 1	LES MILLS sprint 9:10am • 30mins Cycle Studio	LES MILLS BODYATTACK 9:10am • 40mins Studio 1	LES MILLS BODYBALANCE 9:00am • 60mins Wellbeing Studio	LES MILLS RPM 9:15am • 45mins Cycle Studio
LES MILLS BODYPUMP 9:10am • 45mins Studio 1	LES MILLS BODYCOMBAT 9:10am • 45mins Studio 1	LES MILLS RPM 9:10am • 45mins Cycle Studio	LES MILLS CORE 10:00am • 30mins Studio 1	LES MILLS sprint 9:10am • 30mins Cycle Studio	LES MILLS CORE 9:15am • 30mins Studio 1	LES MILLS BODYBALANCE 10:00am • 60mins Studio 1
LES MILLS RPM 9:10am • 45mins Cycle Studio	LES MILLS CORE 10:00am • 30mins Studio 1	LES MILLS BODYPUMP 10:00am • 45mins Studio 1	LES MILLS MAT PILATES 10:15am • 45mins Wellbeing Studio	LES MILLS BODYPUMP 9:55am • 35mins Studio 1	LES MILLS BODYCOMBAT 9:45am • 45mins Studio 1	
LES MILLS MAT PILATES 9:10am • 45mins Wellbeing Studio	LES MILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio	LES MILLS BODYBALANCE 10:15am • 60mins Wellbeing Studio		LES MILLS GRIT ATHLETIC 10:30am • 30mins Studio 1	LES MILLS sprint 9:45am • 30mins Cycle Studio	
LES MILLS CORE 10:00am • 30mins Studio 1	LES MILLS GRIT STRENGTH 10:30am • 30mins Studio 1	LES MILLS BODYATTACK 11:00am • 45mins Studio 1		LES MILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio	LES MILLS GRIT STRENGTH 10:30am • 30mins Studio 1	

PM						
LES MILLS BODYATTACK 4:00pm • 45mins Studio 1	LES MILLS BODYBALANCE 4:00pm • 45mins Studio 1	LES MILLS GRIT CARDIO 4:00pm • 30mins Studio 1	LES MILLS BODYATTACK 4:00pm • 45mins Studio 1	LES MILLS BODYPUMP 4:00pm • 45mins Studio 1	LES MILLS GRIT ATHLETIC 12:15pm • 30mins Studio 1	LES MILLS GRIT ATHLETIC 12:30pm • 30mins Studio 1
LES MILLS tone 5:45pm • 45mins Studio 1	LES MILLS sprint 5:45pm • 30mins Cycle Studio	LES MILLS BODYPUMP 5:45pm • 45mins Studio 1	LES MILLS GRIT CARDIO 5:00pm • 30mins Studio 1	LES MILLS DANCE 5:30pm • 45mins Studio 1	LES MILLS BODYATTACK 1:00pm • 45mins Studio 1	LES MILLS DANCE 2:30pm • 45mins Studio 1
LES MILLS RPM 6:30pm • 45mins Cycle Studio	LES MILLS BODYATTACK 5:45pm • 45mins Studio 1	LES MILLS sprint 5:45pm • 30mins Cycle Studio	LES MILLS BODYPUMP 5:30pm • 45mins Studio 1	LES MILLS BODYBALANCE 6:15pm • 30mins Studio 1	LES MILLS BODYBALANCE 2:30pm • 60mins Studio 1	LES MILLS BODYBALANCE 3:30pm • 60mins Studio 1
LES MILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio	LES MILLS BOXFIT 6:30pm • 45mins Studio 1	LES MILLS BODYCOMBAT 6:30pm • 45mins Studio 1	LES MILLS RPM 5:45pm • 45mins Cycle Studio		LES MILLS DANCE 4:00pm • 45mins Studio 1	
LES MILLS BODYPUMP 6:30pm • 45mins Studio 1	LES MILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio	LES MILLS BODYBALANCE 7:30pm • 60mins Studio 1	LES MILLS CORE 6:30pm • 30mins Studio 1			
LES MILLS BODYATTACK 7:30pm • 45mins Studio 1	LES MILLS GRIT ATHLETIC 7:30pm • 30mins Studio 1	LES MILLS BODYPUMP 8:30pm • 30mins Studio 1	LES MILLS GRIT CARDIO 7:15pm • 30mins Studio 1			
LES MILLS CORE 8:15pm • 30mins Studio 1	LES MILLS CORE 8:00pm • 30mins Studio 1		LES MILLS BODYBALANCE 7:45pm • 45mins Studio 1			

PLEASE BOOK INTO GROUP FITNESS CLASSES AT STARplex RECEPTION WHEN YOU ARRIVE.



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

SWIM CENTRE



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

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

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

AM

PM

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.	✓
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.	✓

ARE YOU OVER 50? ASK ABOUT OUR MY FIT LIFE PROGRAM... a supervised strength orientated class aimed at regaining and maintaining strength, improve bone density and increase mobility.



starplex.com.au  

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