

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.35	LES MILLS GRIT STRENGTH 30	LES MILLS BODYBALANCE 30	LES MILLS BODYPUMP 30	LES MILLS BODYCOMBAT 30	LES MILLS GRIT STRENGTH 30		
6.05	LES MILLS BODYCOMBAT 45		LES MILLS GRIT STRENGTH 30		LES MILLS BODYPUMP 45		
6.15		LES MILLS BODYPUMP 60		LES MILLS BODYPUMP 60			
7.15							LES MILLS GRIT CARDIO 30
8.00			LES MILLS BODYPUMP 45			LES MILLS BODYPUMP 45	
8.15	LES MILLS GRIT CARDIO 30	LES MILLS BODYBALANCE 45		LES MILLS BODYBALANCE 45	LES MILLS BODYBALANCE 45		LES MILLS BODYPUMP 45
8.45						LES MILLS tone 20	
9.05						LES MILLS Shapes 25	
9.10	LES MILLS BODYPUMP 45	LES MILLS BODYCOMBAT 45	LES MILLS tone 45	LES MILLS Shapes 45	LES MILLS BODYATTACK 40		LES MILLS CORE 30
9.30						LES MILLS BODYCOMBAT 45	
9.55					LES MILLS BODYPUMP 45		
10.00	LES MILLS CORE 30	LES MILLS Shapes 30	LES MILLS BODYPUMP 45				LES MILLS BODYBALANCE 60
10.15				LES MILLS MAT PILATES 45			
4.00	LES MILLS BODYBALANCE 45	LES MILLS BODYATTACK 30	LES MILLS GRIT CARDIO 30	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	LES MILLS DANCE 45	
5.45	LES MILLS tone 45	LES MILLS BODYCOMBAT 30	LES MILLS BODYPUMP 45				
6.15		LES MILLS Shapes 45		LES MILLS Shapes 45	LES MILLS BODYBALANCE 30		
6.30	LES MILLS BODYPUMP 45		LES MILLS BODYCOMBAT 45				
7.30	LES MILLS BODYATTACK 45	LES MILLS GRIT ATHLETIC 30	LES MILLS BODYBALANCE 60	LES MILLS BODYBALANCE 60			

KEY

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

Please ensure your mobile phone is on silent during class.

Weekly Timetable

FITNESS CENTRE EVANSTON PARK starplex.com.au

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

WELLBEING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.10	LES MILLS MAT PILATES 45	LES MILLS MAT PILATES 45					
9.30						LES MILLS STRETCH 45	
10.15			LES MILLS BODYBALANCE 60				
10.30		LES MILLS BODYBALANCE 60			LES MILLS BODYBALANCE 60		
6.30	LES MILLS BODYBALANCE 60		LES MILLS MAT PILATES 45				

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15	LES MILLS sprint 30		LES MILLS RPM 45		LES MILLS RPM 45		
9.10	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS RPM 45	LES MILLS sprint 30	LES MILLS sprint 30		
9.15							LES MILLS RPM 45
9.30						LES MILLS sprint 30	
5.45		LES MILLS sprint 30		LES MILLS RPM 30			
6.30	LES MILLS RPM 45						

SWIM CENTRE Check Swim Centre Timetable for Lap/Recreational Swimming times.

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

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 can work at their own pace.

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.

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 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!	✓

ARE YOU OVER 50? ASK ABOUT OUR MY FIT LIFE PROGRAM... 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.



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