



STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	LES MILLS BODYCOMBAT 45				LES MILLS BODYPUMP 45		
6.15am		LES MILLS BODYPUMP 60	LES MILLS CORE 30	LES MILLS BODYPUMP 60			
6.45am	LES MILLS BODYBALANCE 30						
7.15am						LES MILLS BODYATTACK 45	LES MILLS BODYBALANCE 45
8.00am			LES MILLS BODYPUMP 45				
8.15am		LES MILLS BODYBALANCE 45		LES MILLS BODYBALANCE 45	LES MILLS BODYBALANCE 45	LES MILLS BODYPUMP 45	
8.30am							LES MILLS BODYPUMP 45
9.00am						tone 30	
9.10am	LES MILLS BODYPUMP 30/45	LES MILLS BODYCOMBAT 45	tone 45	tone 45	LES MILLS BODYATTACK 45		
9.15am							LES MILLS CORE 30
9.30am						LES MILLS BODYCOMBAT 45	
10.00am		LES MILLS CORE 30	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45	LES MILLS CORE 30		LES MILLS BODYBALANCE 60
10.15am	LES MILLS CORE 30						
10.30am		LES MILLS BODYATTACK 45				LES MILLS CORE 30	
11.00am			LES MILLS SH'BAM 45				
1.00pm						LES MILLS BODYATTACK 45	
2.30pm						LES MILLS BODYBALANCE 60	LES MILLS SH'BAM 45
3.30pm							LES MILLS BODYBALANCE 60
4.00pm	LES MILLS BODYCOMBAT 45	LES MILLS BODYBALANCE 45	LES MILLS CORE 30	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45		
5.30pm				LES MILLS BODYPUMP 45			
5.45pm	tone 45	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45		LES MILLS SH'BAM 45		
6.30pm	LES MILLS BODYPUMP 45	BOXFIT 45	LES MILLS BODYCOMBAT 45	LES MILLS CORE 30	LES MILLS BODYBALANCE 60		
7.15pm				LES MILLS BODYBALANCE 60			
7.30pm	LES MILLS BODYATTACK 45	LES MILLS SH'BAM 45	LES MILLS BODYBALANCE 60				
8.15pm	LES MILLS CORE 30						
8.30pm		LES MILLS BODYPUMP 30					

LES MILLS VIRTUAL

Join us in Studio 1 for all Virtual Classes...Les Mills Virtual are video-based classes, featuring some of the best trainers on the planet.



Try something new!



WELLBEING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am						LES MILLS BODYBALANCE 60	
9.10am	PILATES 45	PILATES 45					
10.00am			LES MILLS BODYBALANCE 60				
10.15am				PILATES 45			
10.30am		LES MILLS BODYBALANCE 60			LES MILLS BODYBALANCE 60		
6.30pm	LES MILLS BODYBALANCE 60	LES MILLS BODYBALANCE 60	PILATES 45				



CYCLE STUDIO
















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	LES MILLS Sprint 30		LES MILLS RPM 45	LES MILLS Sprint 30	LES MILLS RPM 45		
9.10am	LES MILLS RPM 45	LES MILLS Sprint 30	LES MILLS Sprint 30	LES MILLS RPM 45	LES MILLS Sprint 30		
9.15am							LES MILLS RPM 45
9.30am						LES MILLS Sprint 30	
5.45pm		LES MILLS Sprint 30	LES MILLS Sprint 30	LES MILLS RPM 45			
6.30pm	LES MILLS RPM 30/45						



SWIM CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	AQUA DEEP WATER 45	AQUA DEEP WATER 45			AQUA DEEP WATER 45		
8.15am	AQUA AEROBICS 45	AQUA AEROBICS 45	AQUA GENTLE MOVERS 45	AQUA DEEP WATER 45	AQUA AEROBICS 45	Please check Swim Centre Timetable & socials for latest Swim Centre information.	
1.30pm		AQUA GENTLE MOVERS 45	AQUA CIRCUIT 45		AQUA GENTLE MOVERS 45		
2.15pm		AQUA DEEP WATER 45			AQUA DEEP WATER 45		

GROUP FITNESS CLASS DESCRIPTIONS

 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 BODYPUMP	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 BODYATTACK	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 BODYBALANCE	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.
 LES MILLS BODYCOMBAT	Strike, punch, kick your way through calories to superior cardio fitness. An energetic program, inspired by martial arts.
 LES MILLS SH'BAM	Seriously hot dance moves. Let out your inner star while working out to chart topping popular hits.
 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.
 AQUA CIRCUIT	A selection of stations to work through to ensure you are getting an all over body workout. Low impact and suitable for all ages.



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 or **PHONE 8522 0622**

OPENING HOURS

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