



# Weekly Timetable

KEY



LIVE CLASS



VIRTUAL  
CLASS  
Studio 1



AM



PM

CLASS DURATIONS  
• 30mins • 45mins • 60mins

FITNESS CENTRE EVANSTON PARK

starplex.com.au



SUNDAY

**LES MILLS**  
**GRIT** | CARDIO  
7:15am • 30mins  
Studio 1

**LES MILLS**  
**BODYPUMP**  
8:30am • 45mins  
Studio 1

**LES MILLS**  
**CORE**  
9:15am • 30mins  
Studio 1

**LES MILLS**  
**RPM**  
9:15am • 45mins  
Cycle Studio

**LES MILLS**  
**BODYBALANCE**  
10:00am • 60mins  
Studio 1

SATURDAY

**LES MILLS**  
**BODYATTACK**  
7:10am • 45mins  
Studio 1

**LES MILLS**  
**BODYPUMP**  
8:00am • 45mins  
Studio 1

**LES MILLS**  
**tone**  
8:45am • 30mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
9:00am • 60mins  
Wellbeing Studio

**LES MILLS**  
**CORE**  
9:15am • 30mins  
Studio 1

**LES MILLS**  
**BODYCOMBAT**  
9:45am • 45mins  
Studio 1

**LES MILLS**  
**sprint**  
9:45am • 30mins  
Cycle Studio

**LES MILLS**  
**GRIT** | STRENGTH  
10:30am • 30mins  
Studio 1

FRIDAY

**LES MILLS**  
**BODYPUMP**  
6:00am • 45mins  
Studio 1

**LES MILLS**  
**RPM**  
6:15am • 45mins  
Cycle Studio

**LES MILLS**  
**BODYBALANCE**  
8:15am • 45mins  
Studio 1

**LES MILLS**  
**BODYATTACK**  
9:10am • 40mins  
Studio 1

**LES MILLS**  
**sprint**  
9:10am • 30mins  
Cycle Studio

**LES MILLS**  
**BODYPUMP**  
9:55am • 35mins  
Studio 1

**LES MILLS**  
**GRIT** | ATHLETIC  
10:30am • 30mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
10:30am • 60mins  
Wellbeing Studio

THURSDAY



**LES MILLS**  
**BODYPUMP**  
6:15am • 60mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
8:15am • 45mins  
Studio 1

**LES MILLS**  
**tone**  
9:10am • 45mins  
Studio 1

**LES MILLS**  
**sprint**  
9:10am • 30mins  
Cycle Studio

**LES MILLS**  
**CORE**  
10:00am • 30mins  
Studio 1

**LES MILLS**  
**MAT PILATES**  
10:15am • 45mins  
Wellbeing Studio



**LES MILLS**  
**BODYATTACK**  
4:00pm • 45mins  
Studio 1

**LES MILLS**  
**GRIT** | CARDIO  
5:00pm • 30mins  
Studio 1

**LES MILLS**  
**BODYPUMP**  
5:30pm • 45mins  
Studio 1

**LES MILLS**  
**RPM**  
5:45pm • 45mins  
Cycle Studio

**LES MILLS**  
**CORE**  
6:30pm • 30mins  
Studio 1

**LES MILLS**  
**GRIT** | CARDIO  
7:15pm • 30mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
7:45pm • 45mins  
Studio 1

WEDNESDAY

**LES MILLS**  
**RPM**  
6:15am • 45mins  
Cycle Studio

**LES MILLS**  
**GRIT** | STRENGTH  
6:15am • 30mins  
Studio 1

**LES MILLS**  
**BODYPUMP**  
8:00am • 45mins  
Studio 1

**LES MILLS**  
**tone**  
9:10am • 45mins  
Studio 1

**LES MILLS**  
**RPM**  
9:10am • 45mins  
Cycle Studio

**LES MILLS**  
**BODYPUMP**  
10:00am • 45mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
10:15am • 60mins  
Wellbeing Studio

**LES MILLS**  
**BODYATTACK**  
11:00am • 45mins  
Studio 1

TUESDAY

**LES MILLS**  
**BODYPUMP**  
6:15am • 60mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
8:15am • 45mins  
Studio 1

**LES MILLS**  
**sprint**  
9:10am • 30mins  
Cycle Studio

**LES MILLS**  
**MAT PILATES**  
9:10am • 45mins  
Wellbeing Studio

**LES MILLS**  
**BODYCOMBAT**  
9:10am • 45mins  
Studio 1

**LES MILLS**  
**CORE**  
10:00am • 30mins  
Studio 1

**LES MILLS**  
**BODYBALANCE**  
10:30am • 60mins  
Wellbeing Studio

**LES MILLS**  
**GRIT** | STRENGTH  
10:30am • 30mins  
Studio 1

MONDAY

**LES MILLS**  
**BODYCOMBAT**  
6:00am • 45mins  
Studio 1

**LES MILLS**  
**sprint**  
6:15am • 30mins  
Cycle Studio

**LES MILLS**  
**BODYBALANCE**  
6:45am • 30mins  
Studio 1

**LES MILLS**  
**GRIT** | CARDIO  
8:30am • 30mins  
Studio 1

**LES MILLS**  
**BODYPUMP**  
9:10am • 45mins  
Studio 1

**LES MILLS**  
**RPM**  
9:10am • 45mins  
Cycle Studio

**LES MILLS**  
**MAT PILATES**  
9:10am • 45mins  
Wellbeing Studio

**LES MILLS**  
**CORE**  
10:00am • 30mins  
Studio 1

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

**LES MILLS**  
**VIRTUAL**

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

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

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



## SWIM CENTRE



AQUA  
DEEP WATER

7:30am • 45mins

AQUA  
AEROBICS

8:15am • 45mins

AQUA  
DEEP WATER

7:30am • 45mins

AQUA  
AEROBICS

8:15am • 45mins

AQUA  
DEEP WATER

7:30am • 45mins

AQUA  
GENTLE MOVERS

8:15am • 45mins

AQUA  
DEEP WATER

8:15am • 45mins

AQUA  
DEEP WATER

7:30am • 45mins

AQUA  
AEROBICS

8:15am • 45mins

AQUA  
GENTLE MOVERS

1:30pm • 45mins

AQUA  
DEEP WATER

2:15pm • 45mins

AQUA  
GENTLE MOVERS

1:30pm • 45mins

AQUA  
GENTLE MOVERS

1:30pm • 45mins

AQUA  
DEEP WATER

2:15pm • 45mins

Effective February 2025



AM



PM

CLASS	DESCRIPTION	STUDENT FRIENDLY 10YRS+
<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 BODY PUMP</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 BODY ATTACK</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 BODY BALANCE</b>	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.	✓
<b>LES MILLS BODY COMBAT</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>LES MILLS GRIT ATHLETIC</b>	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.	✗
<b>LES MILLS GRIT CARDIO</b>	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.	✗
<b>LES MILLS GRIT STRENGTH</b>	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.	✗
<b>MAT 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.	✓

**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