



Weekly Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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AM

LES MILLS BODYBALANCE 6:45am • 30mins Studio 1	AQUA DEEP WATER 7:30am • 45mins Swim Centre	AQUA DEEP WATER 7:30am • 45mins Swim Centre	AQUA DEEP WATER 8:15am • 45mins Swim Centre	AQUA DEEP WATER 7:30am • 45mins Swim Centre	Ltone 8:45am • 45mins Studio 1	LES MILLS BODYBALANCE 10:00am • 60mins Studio 1
AQUA DEEP WATER 7:30am • 45mins Swim Centre	AQUA AEROBICS 8:15am • 45mins Swim Centre	AQUA GENTLE MOVERS 8:15am • 45mins Swim Centre	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	AQUA AEROBICS 8:15am • 45mins Swim Centre	LES MILLS BODYBALANCE 9:00am • 60mins Wellbeing	
AQUA AEROBICS 8:15am • 45mins Swim Centre	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	Ltone 9:10am • 45mins Studio 1	Ltone 9:10am • 45mins Studio 1	LES MILLS BODYBALANCE 8:15am • 45mins Studio 1	<div style="border: 1px solid black; padding: 10px;"> 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! </div>	
L MAT PILATES 9:10am • 45mins Wellbeing Studio	L MAT PILATES 9:10am • 45mins Wellbeing Studio	LES MILLS BODYBALANCE 10:15am • 60mins Wellbeing Studio	L MAT PILATES 10:15am • 45mins Wellbeing Studio	LES MILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio		
	LES MILLS BODYBALANCE 10:30am • 60mins Wellbeing Studio	myfitlife 10:45am • 60mins Fitness Centre	myfitlife 10:45am • 60mins Fitness Centre	<div style="border: 1px solid black; padding: 5px;"> PLEASE BOOK INTO CLASSES AT STARplex RECEPTION WHEN YOU ARRIVE. </div>		
	myfitlife 10:45am • 60mins Fitness Centre			<div style="border: 1px solid black; padding: 5px;"> KEY LIVE CLASS VIRTUAL CLASS Studio 1 AM PM </div>		
				<div style="border: 1px solid black; padding: 5px;"> CLASS DURATIONS • 30mins • 45mins • 60mins </div>		

PM

Ltone 5:45pm • 45mins Studio 1	AQUA GENTLE MOVERS 1:30pm • 45mins Swim Centre	AQUA GENTLE MOVERS 1:30pm • 45mins Swim Centre	LES MILLS BODYBALANCE 7:45pm • 45mins Studio 1	AQUA GENTLE MOVERS 1:30pm • 45mins Swim Centre	LES MILLS BODYBALANCE 2:30pm • 60mins Studio 1	LES MILLS BODYBALANCE 3:30pm • 60mins Studio 1
LES MILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio	AQUA DEEP WATER 2:15pm • 45mins Swim Centre	LES MILLS BODYBALANCE 7:30pm • 60mins Studio 1		AQUA DEEP WATER 2:15pm • 45mins Swim Centre	<div style="border: 1px solid black; padding: 10px;"> Timetable subject to change My Fit Life & Aqua will not run on Public Holidays. *Check STARplex socials/website for Group Fitness Times on public holidays. </div>	
	LES MILLS BODYBALANCE 4:00pm • 45mins Studio 1			LES MILLS BODYBALANCE 6:15pm • 30mins Studio 1		
	LES MILLS BODYBALANCE 6:30pm • 60mins Wellbeing Studio					






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



starplex.com.au

CLASS	DESCRIPTION
	Is a fully supervised, strength orientated class recommended for people who wish to exercise lower impact. The program is aimed at regaining and maintaining strength, improving bone density and increasing mobility.
	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.
	Build flexibility and strength with Tai Chi, Yoga and Pilates moves. Leave feeling centred and calm.
MATPILATES	Fantastic posture, strong core and stabilising muscles. Relaxation to finish.
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.



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

MY FIT LIFE PACKAGES	CASUAL VISIT	
My Fit Life Membership \$13.20 Per Week <hr/> \$653 Upfront <small>*Conditions Apply</small>	My Fit Life	\$7
	Fitness Class	\$20
	Aqua Class	\$20
	Aqua Class Concession	\$18

UNLIMITED access to gym and pool (lap and recreational swimming)*

***CONDITIONS**

- \$25 My Fit Life Assessment must be completed to be eligible to purchase any of the My Fit Life Packages.
- No additional discounts or concessions are available.

REGULAR/ ACTIVE PARTICIPATION IN MY FIT LIFE PROGRAM IS ESSENTIAL



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