



Weekly Timetable

*Effective May 2026

PLEASE BOOK INTO CLASSES AT STARplex RECEPTION/KIOSK WHEN YOU ARRIVE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.35am		LESMILLS BODYBALANCE					
7.30am	AQUA 45mins DEEP WATER	AQUA 45mins DEEP WATER	AQUA 45mins DEEP WATER		AQUA 45mins DEEP WATER		
8.15am	AQUA 45mins AEROBICS	AQUA 45mins AEROBICS	AQUA 45mins GENTLE MOVERS	AQUA 45mins DEEP WATER	AQUA 45mins AEROBICS		
		LESMILLS BODYBALANCE		LESMILLS BODYBALANCE	LESMILLS BODYBALANCE		
8.45am						LESMILLS 45mins tone	
9.05am						LESMILLS 45mins Shapes	
9.10am	MAT 45mins PILATES	MAT 45mins PILATES	LESMILLS 45mins tone	LESMILLS 45mins Shapes			
9.30am						45mins STRETCH	
10.00am		LESMILLS 45mins Shapes					LESMILLS BODYBALANCE
10.15am			LESMILLS 60mins BODYBALANCE	MAT 45mins PILATES			LESMILLS VIRTUAL Studio 1 - Video-based classes. Features some of the best trainers on the planet! If you can't make times on the timetable, ask our staff to play at free times. Try something new!
10.30am		LESMILLS 60mins BODYBALANCE			LESMILLS 60mins BODYBALANCE		
10.45am		60 minutes myfitlife	60 minutes myfitlife	60 minutes myfitlife			
1.30pm		AQUA 45mins GENTLE MOVERS			AQUA 45mins GENTLE MOVERS		
2.15pm		AQUA 45mins DEEP WATER			AQUA 45mins DEEP WATER		
4.00pm	LESMILLS BODYBALANCE						
5.45pm	LESMILLS 45mins tone						
6.15pm		LESMILLS 45mins Shapes		LESMILLS 45mins Shapes	LESMILLS BODYBALANCE		
6.30pm	LESMILLS 60mins BODYBALANCE		MAT 45mins PILATES				
7.30pm			LESMILLS BODYBALANCE	LESMILLS BODYBALANCE			

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.





PLEASE NOTE: REGULAR/ ACTIVE PARTICIPATION IN MY FIT LIFE PROGRAM IS ESSENTIAL.



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

myfitlife
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.
	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.
MATPILATES	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!
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.

MY FIT LIFE PACKAGES	CASUAL VISIT	
My Fit Life Membership \$13.20 Per Week \$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)*

*\$25 My Fit Life Assessment must be completed to be eligible to purchase any of the My Fit Life Packages.



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