



# GROUP FITNESS CLASS TIMETABLE

**Starts 10th March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	LESMILLS BODYATTACK 30	GRIT   STRENGTH 30	LESMILLS BODYCOMBAT 30	LESMILLS BODYPUMP 30	LESMILLS BODYBALANCE 30	
6:15am	LESMILLS BODYPUMP 45	LESMILLS BODYBALANCE 45	LESMILLS CORE 45	LESMILLS GRIT   ATHLETIC 30	LESMILLS BODYCOMBAT 45	
7:15am	INDOOR BOOT CAMP 45 Min - LIVE CLASS	LESMILLS BODYPUMP 60	SNOW FITNESS 45 Min - LIVE CLASS	LESMILLS BODYBALANCE 60	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	LESMILLS BODYPUMP 60
9:30am	LESMILLS BODYPUMP 45	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	PILATES CORE FUSION 45 Min - LIVE CLASS	LESMILLS DANCE 45	LESMILLS BODYPUMP 45	STRETCH & RECOVER 45 Min - LIVE CLASS
10:35am	PILATES BALL CORE 45 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	STRETCH & RECOVER 45 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	PILATES CORE FUSION 45 Min - LIVE CLASS	
12:30pm	LESMILLS BODYPUMP 60	LESMILLS BODYCOMBAT 30	LESMILLS BODYPUMP 60	LESMILLS GRIT   ATHLETIC 30	LESMILLS BODYPUMP 60	LESMILLS GRIT   CARDIO 30
1:35pm	LESMILLS BODYCOMBAT 60	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	LESMILLS CORE 45	FOREVER ACTIVE 60 Min - LIVE CLASS 60+	LESMILLS BODYBALANCE 60	LESMILLS CORE 45
5:30pm	LESMILLS BODYPUMP 60	LESMILLS BODYATTACK 60	LESMILLS BODYPUMP 60	LESMILLS GRIT   STRENGTH 30	LESMILLS CORE 45	LESMILLS BODYBALANCE 60
6:35pm	LESMILLS BODYBALANCE 60	LESMILLS BODYPUMP 60	LESMILLS BODYBALANCE 60	LESMILLS BODYBALANCE 30	LESMILLS DANCE 45	

**Classes are for everyone!** (Please enquire with our team as to what classes will suit you best)

LESMILLS VIRTUAL = Our VIRTUAL CLASSES within our facility are identified by this logo. 30 45 60 = Class Duration in minutes.

Equipment for all Classes is provided | Please bring with you a towel and full water bottle | Wear comfortable workout clothing & supportive shoes

You will find us at 1 Snowy River Avenue, Jindabyne NSW 2627

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