



# GROUP FITNESS CLASS TIMETABLE

**Starts 13<sup>th</sup> August 2024**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	LESMILLS GRIT   ATHLETIC 30'	LESMILLS GRIT   STRENGTH 30'	LESMILLS GRIT   CARDIO 30'	LESMILLS BODYPUMP 30'		
7:15am	<b>SNOW FITNESS</b> 45 Min - LIVE CLASS	<b>CIRCUIT - YOUR WAY</b> 45 Min - LIVE CLASS	<b>SNOW FITNESS</b> 45 Min - LIVE CLASS	<b>INDOOR BOOT CAMP</b> 45 Min - LIVE CLASS	<b>CIRCUIT - YOUR WAY</b> 45 Min - LIVE CLASS	LESMILLS BODYPUMP 55'
9:30am	LESMILLS BODYPUMP 55'				LESMILLS BODYPUMP 55'	<b>STRETCH &amp; RECOVER</b> 45 Min-LIVE CLASS
10:45am	<b>FIT BALL CORE &amp; MORE</b> 60 Min - LIVE CLASS	<b>FOREVER ACTIVE</b> 60 Min - LIVE CLASS 60+		<b>FOREVER ACTIVE</b> 60 Min - LIVE CLASS 60+	<b>BUILD YOUR CORE</b> 60 Min - LIVE CLASS	
11:55am	LESMILLS CORE 30'		LESMILLS CORE 30'			LESMILLS CORE 30'
12:30pm	LESMILLS BODYPUMP 55'	LESMILLS GRIT   CARDIO 30'	LESMILLS BODYPUMP 55'	LESMILLS GRIT   ATHLETIC 30'	LESMILLS BODYBALANCE 55'	
1:30pm		<b>FOREVER ACTIVE</b> 60 Min - LIVE CLASS 60+		<b>FOREVER ACTIVE</b> 60 Min - LIVE CLASS 60+		
1:35pm			LESMILLS BODYBALANCE 55'			
5:30pm						LESMILLS BODYBALANCE 55'

**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.



= 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

[highcountryfitness.com.au](http://highcountryfitness.com.au) | Facebook | Instagram