



GROUP FITNESS CLASS TIMETABLE

Starts 3rd July 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	SNOW FITNESS 45 Min - LIVE CLASS	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	SNOW FITNESS 45 Min - LIVE CLASS	INDOOR BOOT CAMP 45 Min - LIVE CLASS	CIRCUIT - YOUR WAY 45 Min - LIVE CLASS	LESMILLS BODYPUMP 55'
9:30am	LESMILLS BODYPUMP 55'		BUILD YOUR CORE 60 Min - LIVE CLASS		LESMILLS BODYPUMP 55'	STRETCH & RECOVER 45 Min-LIVE CLASS
10:45am	FIT BALL CORE & MORE 60 Min - LIVE CLASS	FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 60 Min - LIVE CLASS 60+	BUILD YOUR CORE 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		FOREVER ACTIVE 60 Min - LIVE CLASS 60+		FOREVER ACTIVE 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 | Facebook | Instagram