

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.45am				LESMILLS BODYPUMP 45	
	6.00am	metafit HIT TRAINING 30	LESMILLS RPM 45	meta PWR 30	TRAMP 45	
	7.00am		ZUU 45	YOGA	BOOTCAMP 45	
	9.15am	FREESTYLE CARDIO	BOXING CIRCUIT	LESMILLS BODYPUMP	ABT	LESMILLS BODYPUMP
	10.30am	LESMILLS RPM 45		PILATES		YOGA
PM	12.00pm	TRAMP 45	LESMILLS RPM 45	BOOTCAMP 45		
	5.30pm	LESMILLS BODYPUMP 45	PILATES	LESMILLS RPM 45		
	5.45pm			YIN YOGA		

GYM AND COURTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5.45am	CIRCUIT		CIRCUIT		
	8.00am		SUPER-MOVERS 45			CIRCUIT
	10.00am	STRENGTH FOR LIFE			STRENGTH FOR LIFE	
	10.30pm		SUPER-MOVERS	SUPER-MOVERS		
	PM	1.30pm		STRENGTH FOR LIFE		
3.45pm		TEEN GYM 45		TEEN GYM 45		

AQUATIC FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	7.30am	AQUA	AQUA		AQUA	
	8.00am		SUPERVISED REHAB	SUPERVISED REHAB		
	10.30am	AQUA	AQUA			
PM	5.45pm	AQUA EXPRESS 45				

GROUP FITNESS BOOKINGS ARE ESSENTIAL. TO BOOK PLEASE VISIT:
WWW.RECREATION.AMRSHIRE.WA.GOV.AU/ENERGISE/GROUP-FITNESS

- ▲ School Terms Only
- Instructors are not scheduled but are available to assist upon request

ALL CLASSES 55 MINUTES IN DURATION (UNLESS STATED OTHERWISE)