

SHIRE OF AUGUSTA MARGARET RIVER

RECREATION CENTRE

Fitness timetable

Commencing 24 February 2025

Location: **Group Fitness Studio** | **Gym** | **Court Fitness** | **Pool**
🕒 **Virtual class (held in Group Fitness Studio)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Spin	🕒 Les Mills BODYPUMP	Outdoor Functional 🕒 Les Mills RPM	🕒 Les Mills CORE Circuit	MetaPWR		
7:00am	🕒 Les Mills CORE	Metafit Teen Gym	Yoga	🕒 Les Mills BODYBALANCE Teen Gym	🕒 Les Mills CORE		
7:30am	Aqua		Aqua		Aqua		
8:00am		Supervised Rehab (45 mins)	Supermovers	Supervised Rehab (45 mins)		Circuit	
8:05am 8:30am	🕒 Les Mills BODYBALANCE	🕒 Les Mills BODYCOMBAT	🕒 Les Mills CORE Pickleball (1.5 hours)	🕒 Les Mills SH'BAM	🕒 Les Mills RPM	🕒 Les Mills RPM	🕒 Les Mills BODYPUMP
9:00am					Walking Netball	🕒 Les Mills BODYPUMP	🕒 Les Mills RPM
9:15am 9:30am	Sweat Pickleball (1.5 hours)	Energise 45	Les Mills BODYPUMP	Step	Les Mills BODYPUMP		
10:00am	Strength for Life				Strength for Life	🕒 Les Mills SH'BAM	🕒 Les Mills CORE
10:30am	🕒 Les Mills RPM Aqua	Supermovers	Pilates Aqua	Supermovers	Yoga		🕒 Les Mills BODYBALANCE
11:00am						🕒 Les Mills BODYBALANCE	
11:30am							🕒 Les Mills BODYCOMBAT
12:00pm	MetaPWR	🕒 GRIT STRENGTH	Spin	Yogalates	🕒 Les Mills Core	🕒 Les Mills RPM	
12:30pm							🕒 Les Mills BODYBALANCE
1:00pm	🕒 Les Mills CORE	🕒 Les Mills BODYPUMP	🕒 Les Mills SH'BAM	🕒 Les Mills BODYPUMP	🕒 Les Mills BODYBALANCE	🕒 Les Mills BODYCOMBAT	
1:30pm	Strength for Life		Strength for Life				
2:00pm						🕒 Les Mills CORE	
3:30pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym			
4:30pm	🕒 Les Mills BODYBALANCE	🕒 Les Mills CORE	🕒 Les Mills BODYPUMP	🕒 Les Mills RPM	🕒 Les Mills SH'BAM		
5:30pm	Power Strength	Yoga	Spin	Yin Yoga Aqua	🕒 Les Mills BODYCOMBAT Pickleball		
6:30pm	🕒 Les Mills CORE	🕒 Les Mills RPM	🕒 Les Mills BODYBALANCE	🕒 Les Mills BODYPUMP			

- Please note:
- Teen Gym and Teen Gym Groups run Weeks 2-9 during school term.
 - All classes are 55 mins unless otherwise stated.

- To ensure all classes are safe for everyone please abide by the following conditions of entry:
- Please advise the instructor before class if you are injured or pregnant.
 - Please bring a towel, drinks bottle (not glass) and wear appropriate clothing and footwear to all classes.
 - This timetable is subject to change without warning.

