



HOLIDAY

CLASS TIMETABLE

8 DEC – 25 JAN

MONDAY 08 DEC	TUESDAY 09 DEC	WEDNESDAY 10 DEC	THURSDAY 11 DEC	FRIDAY 12 DEC	SATURDAY 13 DEC	SUNDAY 14 DEC
9:00am COLAB	9:00am BODYBALANCE	6:00am PILATES	6:00am PILATES	9:00am BODYCOMBAT	8:30am AQUAROBIKS	10:00am JUNGLEBODY
4:30pm STR/SPIN	10:15am CORPFIT	9:00am SUPERSETS	9:00am HIIT POWER	10:15am SALT	8:30am BODYPUMP	
6:00pm PILATES	4:30pm JUNGLEBODY	4:30pm BODYCOMBAT		4:30pm HIIT POWER	10:00am PILATES	
	5:30pm PILATES	5:30pm BODYPUMP				
MONDAY 15 DEC	TUESDAY 16 DEC	WEDNESDAY 17 DEC	THURSDAY 18 DEC	FRIDAY 19 DEC	SATURDAY 20 DEC	SUNDAY 21 DEC
6:00am YOGA	9:00am CORE+	6:00am PILATES	6:00am YOGA	9:00am BODYCOMBAT	8:30am AQUAROBIKS	
9:00am COLAB	10:15am CORPFIT	9:00am SUPERSETS	9:00am HIIT POWER	10:15am SALT	8:30am BODYPUMP	
10:15am SALT	4:30pm HIIT CARDIO	4:30pm BODYCOMBAT		4:30pm HIIT POWER	10:00am PILATES	
4:30pm STR/SPIN	5:30pm PILATES	5:30pm BODYPUMP				
6:00pm PILATES						
MONDAY 22 DEC	TUESDAY 23 DEC	WEDNESDAY 24 DEC	THURSDAY 25 DEC	FRIDAY 26 DEC	SATURDAY 27 DEC	SUNDAY 28 DEC
6:00am YOGA	9:00am STRENGTH	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND
9:00am BODYCOMBAT	4:30pm CIRCUIT					
4:30pm HIIT CARDIO						
MONDAY 29 DEC	TUESDAY 30 DEC	WEDNESDAY 31 DEC	THURSDAY 01 JAN	FRIDAY 02 JAN	SATURDAY 03 JAN	SUNDAY 04 JAN
ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND
MONDAY 05 JAN	TUESDAY 06 JAN	WEDNESDAY 07 JAN	THURSDAY 08 JAN	FRIDAY 09 JAN	SATURDAY 10 JAN	SUNDAY 11 JAN
6:00am YOGA	9:00am BODYBALANCE	9:00am STR/SPIN	6:00am YOGA	9:00am BODYCOMBAT	8:30am AQUAROBIKS	10:00am YOGA
9:00am HIIT POWER	4:30pm HIIT CARDIO	4:30pm BODYCOMBAT	9:00am COLAB	4:30pm COLAB	8:30am BODYPUMP	
4:30pm STR/SPIN	5:30pm PILATES	5:30pm BODYPUMP	4:30pm STRENGTH		10:00am PILATES	
6:00pm PILATES						
MONDAY 12 JAN	TUESDAY 13 JAN	WEDNESDAY 14 JAN	THURSDAY 15 JAN	FRIDAY 16 JAN	SATURDAY 17 JAN	SUNDAY 18 JAN
6:00am YOGA	9:00am BODYBALANCE	9:00am STR/SPIN	6:00am YOGA	9:00am SHAPES	8:30am AQUAROBIKS	10:00am YOGA
9:00am BODYCOMBAT	4:30pm HIIT CARDIO	4:30pm BOXING	9:00am COLAB	4:30pm HIIT POWER	8:30am BODYPUMP	
4:30pm STR/SPIN	5:30pm PILATES	5:30pm BODYPUMP	4:30pm COLAB		10:00am PILATES	
6:00pm PILATES						
MONDAY 19 JAN	TUESDAY 20 JAN	WEDNESDAY 21 JAN	THURSDAY 22 JAN	FRIDAY 23 JAN	SATURDAY 24 JAN	SUNDAY 25 JAN
6:00am YOGA	9:00am BODYBALANCE	9:00am STR/SPIN	6:00am YOGA	9:00am HIIT POWER	8:30am AQUAROBIKS	10:00am YOGA
9:00am COLAB	4:30pm HIIT CARDIO	4:30pm BOXING	9:00am PILATES	4:30pm HIIT POWER	8:30am BODYPUMP	
4:30pm STR/SPIN	5:30pm PILATES	5:30pm BODYPUMP	4:30pm COLAB			
6:00pm PILATES						



COLIN MATHESON PAVILION



FESTIVE SPECIAL



SOUTH HEDLAND AQUATIC CENTRE



RESERVED SESSION



LESMILLS ONDEMAND AT GRATWICK

Sign up for Class Change Notifications by going to FITNS.ME/TEXT

CLASS DESCRIPTIONS

AQUAROBICS: A high energy, low impact aquatics class that blends upbeat music, water resistance, and aqua weights to tone and strengthen your whole body.

CLASS LENGTH: 60mins

BODYBALANCE: A yoga-based class that improves flexibility and core strength while helping focus and reducing stress.

CLASS LENGTH: 45mins

BODYCOMBAT: A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.

CLASS LENGTH: 30mins

BODYPUMP: A barbell workout for anyone looking to get lean, toned and fit – fast.

CLASS LENGTH: 45-60mins

BOXING: A high energy fitness class which will improve your technique, stamina, cardio, and strength.

CLASS LENGTH: 60mins

CIRCUIT: Circuit style training with a focus on total body strength and conditioning.

CLASS LENGTH: 45mins

COLAB: HYROX inspired workout combines running with functional strength for an epic workout.

CLASS LENGTH: 45mins

CORE+: Work with resistance tubes, weight plates, and body weight for a great core workout.

CLASS LENGTH: 30mins

CORPFIT: Custom classes designed for our corporate partners – General admittance not available.

CLASS LENGTH: 60mins

HIIT POWER: Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.

CLASS LENGTH: 45-55mins

HIIT CARDIO: Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.

CLASS LENGTH: 30mins

JUNGLEBODY: Wild mash up of Cardio, Afro, Pop, Kickboxing, Pilates, Hip Hop and everything in between. It's the perfect concoction of easy to do moves, amazing pumping music and results based training.

CLASS LENGTH: 45mins

PILATES: Pilates places an emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

CLASS LENGTH: 45mins

SALT: Senior Adults Living Triumphantly – The free wellness program for all residents over 50.

CLASS LENGTH: 60mins

SHAPES: A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.

CLASS LENGTH: 45mins

SPIN: Freestyle Cycling HIIT workout which simulates riding across different terrains.

CLASS LENGTH: 30mins

STRENGTH: This full-body workout targets all major muscle groups with controlled effective movements to help you tone, sculpt and feel stronger every session.

CLASS LENGTH: 45mins

SUPERSETS: Strength based training with a core workout at the end for a balanced and effective full-body workout.

CLASS LENGTH: 60mins

YOGA: A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.

CLASS LENGTH: 60mins

CRÈCHE HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:45-10:15am	08:45-10:15am	08:45-10:15am	08:45-10:15am	08:45-10:15am	08:15-09:45am	08:15-09:45am
10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	09:45-11:15am	09:45-11:15am
04:15-05:45pm	04:15-05:45pm	04:15-05:45pm	04:15-05:45pm	04:15-05:45pm		

Crèche Season Close

Crèche will be closed for the festive season from 12pm on Wednesday, 24/12/2025 till regular operations resume on Monday, 5/1/2026.

Please Note

1. Unless otherwise specified, all classes on schedule are for Wanangkura Stadium
2. Advanced bookings recommended for all sessions
3. Self-service via Member Portal encouraged
4. See Holiday Operation listings on website for pool opening times and gym staffing over the festive season
5. Refer to Town website for information on other facilities

