

GROUP FITNESS TIMETABLE

STARTS APRIL 7th 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LES MILLS BODYATTACK Ana (30)	LES MILLS GRIT Elise (30)	LES MILLS CORE Alecia (30)	LES MILLS GRIT Alecia (30)	BOOTCAMP Mark (45)		
6:00am	LES MILLS BODYPUMP (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYBALANCE Alecia (45)			
7:00am						BOOTCAMP Mark (45)	
8:00am						LES MILLS RPM Mel (45)	 STEP Clara (45)
8:30am			FUNCTIONAL Mark (30)		LES MILLS BODYATTACK Clara (30)		
9:00am	 STEP Alecia (30)	FUNCTIONAL Fariba (30) LES MILLS Shapes Gwen (30)	 BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	YOGA VINYASA FLOW Teresa (60)
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Gwen (45)	LES MILLS BODYPUMP Chris (55) YOGA FAST FLOW Christina (60) Spin Studio	BODY SCULPT Chris (60)	LES MILLS DANCE Rose (45) FREESTYLE CYCLE Alecia (30)		
10:15am		 TAICHI Gwen (45)					
10:30am				LES MILLS BODYBALANCE Debra (45)			
11:00am	 Active GOLD Mark (45)	Fall Prevention Roger (45)	 Active GOLD Chris (45)	getlow Frances 11:15 45 mins	 Active GOLD Fariba (45)		
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (45)	LES MILLS CORE Jako (30)	LES MILLS GRIT Ana (30)	LES MILLS BODYATTACK Ana (45)		
6:00pm	LES MILLS Shapes Karola (45)		LES MILLS RPM Jako (45)	 BOXFIT Fariba (30)			
6:15pm		LES MILLS BODYPUMP Ammany (45)					
6:30pm		YOGA VINYASA FLOW Teresa (60)	 ZUMBA Jo (60)	LES MILLS BODYPUMP Fariba (55)			
7:00pm	 Konga Frances (45)						



Please refer to our website for the most updated timetable.



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