

HOLIDAY TIMETABLE

Holiday Timetable 22nd - 28th December

HOLIDAY VERSION	MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th	SATURDAY 27th	SUNDAY 28th		
5:30am	LES MILLS BODYATTACK Ana (30)	LES MILLS GRIT Elise (30)	LES MILLS CORE Alecia (30)	 WE'RE CLOSED MERRY XMAS TO YOU & YOUR FAMILY 	BOXING DAY 7am-6:30pm				
6:00am	LES MILLS BODYPUMP Ana (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)						
7:00am									
8:00am							BOOTCAMP Mark (45)	 STEP Clara (45)	
8:30am									
9:00am	 STEP Alecia (30)	FUNCTIONAL Fariba (30)	 BOXFIT Mark (30)					LES MILLS BODYPUMP Alecia (55)	
	FUNCTIONAL Mark (30)	LES MILLS CORE Alecia (30)							
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Alecia (55)						
10:15am									
10:30am									
11:00am	 Active GOLD Mark (45)	Fall Prevention Roger (45)							
5:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK							
6:00pm	Nobby (45 mins)	Ammany (45)							
6:15pm	LES MILLS Shapes	LES MILLS BODYPUMP Ammany (55)							
6:30pm	Carla (45)								
7:00pm	 ZUMBA Frances (45)								

Please refer to our website for the most updated timetable.



MICHAEL CLARKE RECREATION CENTRE

2 Margaret Dawson Drive
 Carnes Hill NSW 2170
 02 8760 4800
www.michaelclarkecentre.com.au

HOLIDAY TIMETABLE

Holiday Timetable 29th - 4th January 2026

HOLIDAY VERSION	MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 1st	FRIDAY 2nd	SATURDAY 3rd	SUNDAY 4th
5:30am					BOOTCAMP Mark (45)		
6:00am	LES MILLS BODYPUMP Ana (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)				
7:00am						BOOTCAMP Mark (45)	
8:00am						HIIT CYCLE Mark (45)	STEP Clara (45)
8:30am					LES MILLS BODYATTACK Clara (30)		
9:00am	STEP Alecia (30)	LES MILLS CORE Alecia (30)	BOXFIT Mark (30)	STEP Alecia (30)	LES MILLS CORE Alecia (30)	LES MILLS BODYPUMP Alecia (55)	
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Alecia (55)	BODYSCULPT Alecia (60)	HIIT CYCLE Mark (30)		
10:15am							
10:30am							
11:00am							
5:30pm	LES MILLS BODYCOMBAT Nobby (45 mins)	LES MILLS BODYATTACK Tanya (45)	New Year's Eve 				
6:00pm							
6:15pm	ZUMBA Frances (45)	LES MILLS BODYPUMP Tanya (55)					
6:30pm							

Please refer to our website for the most updated timetable.



**MICHAEL CLARKE
RECREATION
CENTRE**

2 Margaret Dawson Drive
Carnes Hill NSW 2170
02 8760 4800
www.michaelclarkecentre.com.au

HOLIDAY TIMETABLE

Holiday Timetable January 5th -11th 2026

HOLIDAY VERSION	MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th	SATURDAY 10th	SUNDAY 11th
5:30am	LES MILLS BODYATTACK Ana (30)	LES MILLS GRIT Elise (30)	LES MILLS CORE Alecia (45)	LES MILLS GRIT Alecia (30)	BOOTCAMP Mark (45)		
6:00am	LES MILLS BODYPUMP Ana (45)		LES MILLS BODYCOMBAT Alecia (45)				
7:00am						BOOTCAMP Mark (45)	
8:00am						LES MILLS RPM Mel (45)	STEP Clara (45)
8:30am			FUNCTIONAL Jason (30)		LES MILLS BODYATTACK Clara (30)		
9:00am	STEP Alecia (30)	LES MILLS CORE Alecia (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 Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODYSCULPT Chris (60)	HIIT CYCLE Mark (30)		
10:15am							
10:30am							
11:00am	Mark (45)		Chris (45)		Fariba (45)		
5:30pm	LES MILLS BODYCOMBAT Nobby (45 mins)			LES MILLS GRIT Ana (30)			
6:00pm			LES MILLS RPM Jako (45)				
6:15pm	BODYSCULPT Chris (45)	LES MILLS BODYPUMP Chris (55)					
6:30pm		YOGA VINYASA FLOW Teresa (60)		LES MILLS BODYPUMP Fariba (55)			
7:00pm	ZUMBA Frances (45)						



Please refer to our website for the most updated timetable.



MICHAEL CLARKE RECREATION CENTRE

2 Margaret Dawson Drive
Carnes Hill NSW 2170
02 8760 4800
www.michaelclarkecentre.com.au

HOLIDAY TIMETABLE

Holiday Timetable January 12th - 18th 2026

HOLIDAY VERSION	MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th	SATURDAY 17th	SUNDAY 18th
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 Ana (45)	LES MILLS Shapes Carla (45)	LES MILLS BODYCOMBAT Alecia (45)				
7:00am						BOOTCAMP Mark (45)	
8:00am						LES MILLS RPM Mel (45)	STEP Clara (45)
8:30am			FUNCTIONAL Jason (30)		LES MILLS BODYATTACK Clara (30)		
9:00am	STEP Alecia (30)	FUNCTIONAL Fariba (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)
	FUNCTIONAL Mark (30)	LES MILLS CORE Alecia (30)					
9:30am	LES MILLS BODYPUMP Amanda (55)	LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODYSCULPT Chris (60)	LES MILLS DANCE Rose (45)		
					HIT CYCLE Mark (30)		
10:15am							
10:30am							
11:00am	Active GOLD Mark (45)	Fall Prevention Roger (45)	Active GOLD Chris (45)		Active GOLD Fariba (45)		
5:30pm	LES MILLS BODYCOMBAT Nobby (45 mins)	LES MILLS BODYATTACK Ammany (45)	LES MILLS CORE Jako (30)	LES MILLS GRIT Ana (30)			
6:00pm			LES MILLS RPM Jako (45)				
6:15pm	BODYSCULPT Chris (45)	LES MILLS BODYPUMP Ammany (55)					
6:30pm		YOGA VINYASA FLOW Teresa (60)	ZUMBA Fran (60)	LES MILLS BODYPUMP Fariba (55)			
7:00pm	ZUMBA Frances (45)						

Please refer to our website for the most updated timetable.



MICHAEL CLARKE RECREATION CENTRE

2 Margaret Dawson Drive
Carnes Hill NSW 2170
02 8760 4800
www.michaelclarkecentre.com.au

CLASS DESCRIPTIONS

Les Mills Shapes: This is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

Les Mills GRIT: A 30-minute HIIT workout designed to improve strength and build lean muscle. High intensity with a focus on either Strength, Cardio or Plyometric movements.

Les Mills CORE: A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

Les Mills Dance: A fun-loving, insanely addictive dance workout. No dance experience required.

Les Mills RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

Les Mills Thrive: is a low-impact strength workout focusing on lower body and core strength, flexibility, and balance. There are options for all abilities, from those who need balance support to those who want to add resistance.

Les Mills Body Balance: A new generation yoga that will improve your mind and body incorporating elements of Tai Chi and Pilates and free flow movements.

Les Mills Bodyattack: Is a high energy, full-body group exercise class that increases your cardiovascular endurance, strength and flexibility.

Zumba: Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

Konga: A 50-minute easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats.

STEP: A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

Boxfit: A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

Yoga (Fast/Vinyasa): Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

Getlow: A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. Functional movements ensure calorie burning and strength building

Bodysculpt: An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

Fall Prevention: Enhance your balance, stability through balance, strength and coordination exercises. Learn techniques to prevent falls and maintain independence! Perfect for all fitness levels.

Functional/Bootcamp: A workout focused on building a body capable of doing everyday movements. Squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine.

Gold Active: Gentle exercise designed to develop strength, flexibility, mobility and elevate the heart rate. Highly recommended for Active over 50's and new group fitness participants.



EXERCISE PHYSIOLOGY

Michael Clarke
Recreation Centre
Enquire today

