

WINTER 2026	MON	TUES	WED	THURS	FRI
MORNING CLASSES & PROGRAMS					
6.15am	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYBALANCE	LES MILLS RPM	
8.00am		 Strength for Life Live longer, live stronger		 Strength for Life Live longer, live stronger	
9.15am	 Functional Fitness	LES MILLS BODYBALANCE	 Functional Fitness	LES MILLS BODYBALANCE	
9.30am					
10.30am				 Strength for Life Live longer, live stronger	
11.00am			 Collie Inclusive Sports		
EVENING CLASSES & PROGRAMS					
5.30pm			LES MILLS RPM		
6.00pm			 Social NETBALL		
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		