

**MONDAY 16/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 830AM TO 1130AM &  
 4PM TO 7PM

**TUESDAY 17/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 830AM TO 1130AM &  
 4PM TO 7PM

**WEDNESDAY 18/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 830AM TO 1130AM &  
 4PM TO 7PM

**THURSDAY 19/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 830AM TO 1130AM &  
 4PM TO 7PM

**FRIDAY 20/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

**SATURDAY 21/12**  
**RECEPTION:**  
 PMQ – 830AM TO 11AM  
 SOV – CLOSED  
**KIDS CRECHE:**  
 CLOSED

**SUNDAY 22/12**  
**RECEPTION:**  
 CLOSED  
**KIDS CRECHE:**  
 CLOSED  
 (SEE PAGE 2 FOR 23/12  
 TO 2/1 SCHEDULE)

**PORT MACQUARIE**  
 Ph: 65810 059 Option 1  
[www.yourlifefitnesscentre.com.au](http://www.yourlifefitnesscentre.com.au)  
[reception@yourlifefitnesscentre.com.au](mailto:reception@yourlifefitnesscentre.com.au)  
 Shop 3 & 4, 180 Lake Rd.

**SOVEREIGN HILLS**  
 Ph: 65810 059 Option 2  
[shreception@yourlifefitnesscentre.com.au](mailto:shreception@yourlifefitnesscentre.com.au)  
 Shop 32, 15 Chancellors Drive.



**AUSactive** BUSINESS MEMBER

- 6:00 AM **YOURLIFE CIRC-HIIT**  
Anna - St 1 - 45 mins
- 9:15 AM **LES MILLS BODYPUMP**  
Kel - St 1 - 60 mins
- 9:30 AM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 9:30 AM **YOURLIFE LIFE FIT**  
Katie - St 3 - 60 mins
- 10:30 AM **YOURLIFE YOGA**  
Mandy - St 1 - 70 mins
- 12:15 PM **LES MILLS RPM**  
Virtual - St 2 - 30 mins
- 4:20 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 4:30 PM **YOURLIFE CIRC-HIIT**  
Kel - St 1 - 45 mins
- 5:30 PM **YOURLIFE CIRC-HIIT**  
Kel - St 1 - 45 mins
- 5:30 PM **LES MILLS CORE**  
Annette - St 3 - 30 mins

- 6:00 AM **LES MILLS RPM**  
Damien - St 2 - 45 mins
- 6:00 AM **LES MILLS BODYPUMP**  
Kel - St 1 - 60 mins
- 6:05 AM **YOURLIFE LIFE FIT**  
Jess. S - St 3 - 60 mins
- 7:15 AM **LES MILLS BODYBALANCE**  
Virtual - St 1 - 60 mins
- 9:15 AM **YOURLIFE CIRC-HIIT**  
Arwyn - St 1 - 45 mins
- 9:30 AM **sprint**  
Rach - St 2 - 30 mins
- 10:30 AM **PILATES REFORMER**  
Kim - St 1 - 50 mins
- 4:20 PM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 5:20 PM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 5:30 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 5:30 PM **YOURLIFE LIFE FIT**  
Katie - St 3 - 60 mins
- 6:20 PM **PILATES REFORMER**  
Jessie - St 1 - 50 mins

- 6:00 AM **YOURLIFE CIRC-HIIT**  
Charlee - St 1 - 45 mins
- 6:00 AM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 9:15 AM **LES MILLS BODYPUMP**  
Annette - St 1 - 60 mins
- 9:30 AM **YOURLIFE LIFE FIT**  
Arwyn - St 3 - 60 mins
- 10:30 AM **YOURLIFE YOGA**  
Mel - St 1 - 70 mins
- 12:15 PM **LES MILLS RPM**  
Virtual - St 2 - 30 mins
- 4:20 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 4:15 PM **YOURLIFE CIRC-HIIT**  
Kel - St 1 - 45 mins
- 5:15 PM **PILATES REFORMER**  
Kim - St 1 - 50 mins
- 5:30 PM **sprint**  
Daryl - St 2 - 30 mins
- 5:30 PM **YOURLIFE LIFE FIT**  
Jess. S - St 3 - 60 mins
- 6:10 PM **YOURLIFE YOGA**  
Jules - St 1 - 70 mins

- 6:00 AM **LES MILLS RPM**  
Damien - St 2 - 45 mins
- 6:00 AM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 6:05 AM **YOURLIFE LIFE FIT**  
Jess. S - St 3 - 60 mins
- 7:00 AM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 9:15 AM **YOURLIFE CIRC-HIIT**  
Kel - St 1 - 45 mins
- 9:30 AM **sprint**  
Rach - St 2 - 30 mins
- 10:30 AM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 4:20 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 4:15 PM **LES MILLS BODYPUMP**  
Annette - St 1 - 60 mins
- 5:30 PM **YOURLIFE CIRC-HIIT**  
Anna - St 1 - 45 mins
- 5:30 PM **LES MILLS CORE**  
Annette - St 3 - 30 mins
- 5:30 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins

- 6:00 AM **LES MILLS BODYPUMP**  
Kel - St 1 - 60 mins
- 6:00 AM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 9:30 AM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 9:15 AM **LES MILLS BODYCOMBAT**  
Kel - St 1 - 60 mins
- 9:30 AM **YOURLIFE LIFE FIT**  
Katie - St 3 - 60 mins
- 10:30 AM **PILATES REFORMER**  
Kim - St 1 - 50 mins
- 12:15 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 4:20 PM **LES MILLS BODYCOMBAT**  
Virtual - St 1 - 60 mins
- 5:30 PM **LES MILLS BODYSTEP**  
Daryl - St 1 - 60 mins
- 5:30 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins

- 7:00 AM **PILATES REFORMER**  
Jessie - St 1 - 50 mins
- 7:15 AM **sprint**  
Daryl - St 2 - 30 mins
- 8:15 AM **YOURLIFE CIRC-HIIT**  
Jessie - St 1 - 45 mins
- 8:15 AM **LES MILLS RPM**  
Virtual - St 2 - 45 mins
- 9:15 AM **LES MILLS BODYPUMP**  
Annette - St 1 - 60 mins
- 10:30 AM **YOURLIFE YOGA**  
Mandy - St 1 - 75 mins
- 3:00 PM **LES MILLS BODYBALANCE**  
Virtual - St 1 - 60 mins
- 5:15 PM **LES MILLS BODYCOMBAT**  
Virtual - St 1 - 60 mins

- 9:15 AM **LES MILLS BODYCOMBAT**  
Virtual - St 1 - 60 mins
- 10:30 AM **LES MILLS BODYBALANCE**  
Virtual - St 1 - 60 mins
- 4:00 PM **LES MILLS BODYPUMP**  
Virtual - St 1 - 60 mins
- 4:30 PM **LES MILLS RPM**  
Virtual - St 2 - 45 mins

**CLASS & CRECHE**  
**BOOKINGS**  
**ESSENTIAL**



SCAN TO BOOK OR SEE RECEPTION  
 Port Macquarie Centre Only

**CHRISTMAS 2024**  
 FROM 16/12/24 – 6/1/25  
**RESUME NORMAL SCHEDULE**  
 FROM MONDAY 6/1/25

**MISSED US?**  
**SIGN UP ONLINE**  
[yourlifefitnesscentre.com.au](http://yourlifefitnesscentre.com.au)  
**AFTER HOURS NUMBER**  
 0484 816 005  
**AFTER HOURS EMAIL**  
[gavin@yourlifefitnesscentre.com.au](mailto:gavin@yourlifefitnesscentre.com.au)





**MONDAY 23/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

9:15 AM **LES MILLS BODYPUMP**  
 Kel - St 1 - 60 mins

9:30 AM **YOURLIFE LIFE FIT**  
 Katie - St 3 - 60 mins

9:30 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

10:30 AM **YOURLIFE YOGA**  
 Mandy - St 1 - 70 mins

12:15 PM **LES MILLS RPM**  
 Virtual - St 2 - 30 mins

4:20 PM **LES MILLS RPM**  
 Virtual - St 2 - 60 mins

5:30 PM **LES MILLS CORE**  
 Annette - St 3 - 30 mins

**MONDAY 30/12**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

9:15 AM **LES MILLS BODYPUMP**  
 Annette - St 1 - 60 mins

9:30 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

10:30 AM **YOURLIFE YOGA**  
 Mandy - St 1 - 70 mins

**TUESDAY 24/12**  
**RECEPTION:**  
 PMQ – 830AM TO 11AM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

7:15 AM **LES MILLS BODYBALANCE**  
 Virtual - St 1 - 60 mins

10:30 AM **PILATES REFORMER**  
 Kim - St 1 - 50 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins



**TUESDAY 31/12**  
**RECEPTION:**  
 PMQ – 830AM TO 11AM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

9:15 AM **YOURLIFE CIRC-HIIT**  
 Jessie - St 1 - 45 mins

9:30 AM **LES MILLS sprint**  
 Rach - St 2 - 30 mins

10:30 AM **PILATES REFORMER**  
 Kim - St 1 - 50 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**WEDNESDAY 25/12**  
**CHRISTMAS DAY**  
**RECEPTION:**  
 CLOSED  
**KIDS CRECHE:**  
 CLOSED

6:00 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

12:15 PM **LES MILLS RPM**  
 Virtual - St 2 - 30 mins

4:20 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins



**WEDNESDAY 1/1**  
**RECEPTION:**  
 CLOSED  
**KIDS CRECHE:**  
 CLOSED  
**HAPPY NEW YEARS**

6:00 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

12:15 PM **LES MILLS RPM**  
 Virtual - St 2 - 30 mins

4:20 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**THURSDAY 26/12**  
**BOXING DAY**  
**RECEPTION:**  
 CLOSED  
**KIDS CRECHE:**  
 CLOSED

4:20 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**THURSDAY 2/1**  
**RECEPTION:**  
 PMQ – 830AM TO 6PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

6:00 AM **PILATES REFORMER**  
 Jessie - St 1 - 50 mins

7:00 AM **PILATES REFORMER**  
 Jessie - St 1 - 50 mins

9:15 AM **YOURLIFE CIRC-HIIT**  
 Charlee - St 1 - 45 mins

9:30 AM **LES MILLS sprint**  
 Rach - St 2 - 30 mins

10:30 AM **PILATES REFORMER**  
 Jessie - St 1 - 50 mins

4:15 PM **LES MILLS BODYPUMP**  
 Annette - St 1 - 60 mins

5:30 PM **YOURLIFE CIRC-HIIT**  
 Kel - St 1 - 45 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**FRIDAY 27/12**  
**RECEPTION:**  
 PMQ – 830AM TO 3PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

6:00 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

9:30 AM **YOURLIFE LIFE FIT**  
 Katie - St 3 - 60 mins

10:30 AM **PILATES REFORMER**  
 Kim - St 1 - 50 mins

12:15 PM **LES MILLS RPM**  
 Virtual - St 2 - 30 mins

4:20 PM **LES MILLS BODYCOMBAT**  
 Virtual - St 1 - 60 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**FRIDAY 3/1**  
**RECEPTION:**  
 PMQ – 830AM TO 3PM  
 SOV – 830AM TO 11AM  
**KIDS CRECHE:**  
 CLOSED

6:00 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

10:30 AM **PILATES REFORMER**  
 Kim - St 1 - 50 mins

4:20 PM **LES MILLS BODYCOMBAT**  
 Virtual - St 1 - 60 mins

5:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**SATURDAY 28/12**  
**RECEPTION:**  
 PMQ – 8AM TO 12PM  
 SOV – CLOSED  
**KIDS CRECHE:**  
 CLOSED

7:00 AM **PILATES REFORMER**  
 Jessie - St 1 - 50 mins

7:15 AM **LES MILLS sprint**  
 Daryl - St 2 - 30 mins

8:15 AM **YOURLIFE CIRC-HIIT**  
 Jessie - St 1 - 45 mins

8:15 AM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

9:15 AM **LES MILLS BODYPUMP**  
 Annette - St 1 - 60 mins

**SATURDAY 4/1**  
**RECEPTION:**  
 PMQ – 8AM TO 12PM  
 SOV – CLOSED  
**KIDS CRECHE:**  
 CLOSED

7:00 AM **PILATES REFORMER**  
 Kim - St 1 - 50 mins

7:15 AM **LES MILLS sprint**  
 Daryl - St 2 - 30 mins

8:15 AM **YOURLIFE CIRC-HIIT**  
 Charlee - St 1 - 45 mins

9:15 AM **LES MILLS BODYPUMP**  
 Kel - St 1 - 60 mins

10:30 AM **YOURLIFE YOGA**  
 Mandy - St 1 - 75 mins

**SUNDAY 29/12**  
**RECEPTION:**  
 CLOSED  
**KIDS CRECHE:**  
 CLOSED

9:15 AM **LES MILLS BODYCOMBAT**  
 Virtual - St 1 - 60 mins

10:30 AM **LES MILLS BODYBALANCE**  
 Virtual - St 1 - 60 mins

4:00 PM **LES MILLS BODYPUMP**  
 Virtual - St 1 - 60 mins

4:30 PM **LES MILLS RPM**  
 Virtual - St 2 - 45 mins

**SUNDAY 5/1**  
**RECEPTION:**  
 PMQ – CLOSED  
 SOV – CLOSED  
**KIDS CRECHE:**  
 CLOSED

**PORT MACQUARIE**  
 Ph: 65810 059 Option 1  
 www.yourlifefitnesscentre.com.au  
 reception@yourlifefitnesscentre.com.au  
 Shop 3 & 4, 180 Lake Rd.

**SOVEREIGN HILLS**  
 Ph: 65810 059 Option 2  
 shreception@yourlifefitnesscentre.com.au  
 Shop 32, 15 Chancellors Drive.



**AUSactive BUSINESS MEMBER**

**MONDAY 6/1/25 BACK TO NORMAL HOURS & CLASSES FOR 2025!**

**CLASS & CRECHE BOOKINGS ESSENTIAL**

**SCAN TO BOOK OR SEE RECEPTION**

**Port Macquarie Centre Only**