

## STUDIO 1 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6 AM <b>PILATES REFORMER</b> Lola - 50 mins	6 AM <b>LES MILLS BODYPUMP</b> Kel - 60 mins	6 AM <b>PILATES REFORMER</b> Lola - 50 mins	6 AM <b>PILATES REFORMER</b> Jessie - 50 mins	6 AM <b>LES MILLS BODYPUMP</b> Kel - 60 mins	6 AM <b>PILATES REFORMER</b> Lola - 50 mins
9:15 AM <b>LES MILLS BODYPUMP</b> Kel - 60 mins	9:15 AM <b>PILATES REFORMER</b> Kim - 50 mins	7:00 AM <b>LES MILLS BODYSTEP</b> Annette - 60 mins	7:00 AM <b>PILATES REFORMER</b> Jessie - 50 mins	9:15 AM <b>LES MILLS BODYCOMBAT</b> Kel - 60 mins	7:00 AM <b>PILATES REFORMER</b> Lola - 50 mins
10:30 AM <b>YOURLIFE YOGA</b> Mandy - 70 mins	10:30 AM <b>PILATES REFORMER</b> Kim - 50 mins	9:15 AM <b>LES MILLS BODYPUMP</b> Annette - 60 mins	9:15 AM <b>PILATES REFORMER</b> Jessie - 50 mins	10:30 AM <b>PILATES REFORMER</b> Kim - 50 mins	8:10 AM <b>YOURLIFE YOGA</b> Mandy - 60 mins
4:20 PM <b>PILATES REFORMER</b> Yvonne - 50 mins	4:20 PM <b>PILATES REFORMER</b> Jessie - 50 mins	10:30 AM <b>YOURLIFE YOGA</b> Mel - 70 mins	10:30 AM <b>PILATES REFORMER</b> Jessie - 50 mins	5:30 PM <b>LES MILLS BODYSTEP</b> Daryl - 60 mins	9:20 AM <b>LES MILLS BODYPUMP</b> Annette - 60 mins
5:20 PM <b>PILATES REFORMER</b> Yvonne - 50 mins	5:20 PM <b>PILATES REFORMER</b> Jessie - 50 mins	4:20 PM <b>PILATES REFORMER</b> Kim - 50 mins	4:20 PM <b>LES MILLS BODYPUMP</b> Annette - 60 mins		10:30 AM <b>YOURLIFE YOGA</b> Mandy - 70 mins
6:20 PM <b>PILATES REFORMER</b> Yvonne - 50 mins	6:20 PM <b>PILATES REFORMER</b> Jessie - 50 mins	5:15 PM <b>PILATES REFORMER</b> Kim - 50 mins	5:30 PM <b>LES MILLS CORE</b> Annette - 30 mins	<b>LES MILLS ONDEMAND</b> Virtual Available 24/7  <b>LES MILLS BODYPUMP</b> <b>LES MILLS BODYBALANCE</b> <b>LES MILLS RPM</b> <b>LES MILLS BODYCOMBAT</b>	
		6:10 PM <b>YOURLIFE YOGA</b> Jules - 70 mins			

ASK RECEPTION ABOUT OUR EXTRA PROGRAMS

### SMART START PROGRAMS

Need more of a plan to reach your goals? Book a Smart Start Program including PT Sessions, Personalised Meal Plans, Training Programs, Fit3D scans & more!

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### PERSONALISED MEAL PLAN

Training hard but not quite seeing results? Get a personalised comprehensive meal plan by our qualified Clinical Nutritionist.

SCAN TO BOOK



☎ 6581 0059

🌐 [www.yourlifefitnesscentre.com.au](http://www.yourlifefitnesscentre.com.au)

✉ [reception@yourlifefitnesscentre.com.au](mailto:reception@yourlifefitnesscentre.com.au)

📍 Shop 3 & 4, 180 Lake Rd, Port Macquarie

\*TIMETABLE SUBJECT TO CHANGE

Updated: 5/6/25

## STUDIO 2 & 3 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6 AM <b>YOURLIFE CIRCHIIT</b> Holly - 45 mins	6 AM <b>LES MILLS RPM</b> Damo - Cycle - 45 mins	<b>NEW</b> 6 AM <b>YOURLIFE CIRCHIIT STRONG</b> Holly - 45 mins	6 AM <b>LES MILLS RPM</b> Damo - Cycle - 45 mins	6 AM <b>YOURLIFE CIRCHIIT</b> Inny - 45 mins	7:15 AM <b>LES MILLS sprint</b> Daryl - Cycle - 30 mins
6:50 AM <b>YOURLIFE CIRCHIIT</b> Holly - 45 mins	9:15 AM <b>YOURLIFE CIRCHIIT</b> Arwyn - 45 mins	<b>NEW</b> 6:50 AM <b>YOURLIFE CIRCHIIT STRONG</b> Holly - 45 mins	9:15 AM <b>YOURLIFE CIRCHIIT</b> Kel - 45 mins		7:15 AM <b>YOURLIFE CIRCHIIT</b> Jessie - 45 mins
4:20 PM <b>YOURLIFE CIRCHIIT</b> Kel - 45 mins	9:30 AM <b>LES MILLS sprint</b> Rach - Cycle - 30 mins	9:30 AM <b>LES MILLS sprint</b> Rach - Cycle - 30 mins	9:30 AM <b>LES MILLS sprint</b> Rach - Cycle - 30 mins	<b>CLASS &amp; CRECHE BOOKINGS ESSENTIAL</b> Port Macquarie Centre Only  <b>SCAN TO BOOK OR CALL 6581 0059</b>	
5:20 PM <b>YOURLIFE CIRCHIIT</b> Kel - 45 mins	10:15 AM <b>LES MILLS CORE</b> Annette - 30 mins	4:20 PM <b>YOURLIFE CIRCHIIT</b> Kel - 45 mins	5:30 PM <b>YOURLIFE CIRCHIIT</b> Inny - 45 mins		
5:30 PM <b>LES MILLS sprint</b> Daryl - Cycle - 30 mins	4:30 PM <b>LES MILLS CORE</b> Annette - 30 mins	5:20 PM <b>YOURLIFE CIRCHIIT</b> Kel - 45 mins			
<b>NEW</b> 6:20 PM <b>YOURLIFE CIRCHIIT STRONG</b> Kel - 45 mins	<b>NEW</b> 5:30 PM <b>YOURLIFE CIRCHIIT STRONG</b> Inny - 45 mins	5:30 PM <b>LES MILLS sprint</b> Daryl - Cycle - 30 mins		<b>LES MILLS ONDEMAND</b> Virtual Available 24/7  <b>LES MILLS BODYPUMP</b> <b>LES MILLS BODYBALANCE</b> <b>LES MILLS RPM</b> <b>LES MILLS BODYCOMBAT</b>	

### TRAINERIZE PLUS APP

Get access to training programs, meal ideas & tracking & so much more! It's your PT, Nutritionist & Motivator in an app! \$5/wk, cancel anytime.

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### REFORMER PILATES 24/7

Book a Reformer at either centre at no extra cost! First in best dressed outside of staffed hours. Connect your ear phones to the kiosks for on demand classes.

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## CLASS NAME

## CLASS DESCRIPTION

**LES MILLS**  
**BODYPUMP**

Weights based resistance training for anyone looking to get lean & toned. Using light to moderate weights with lots of repetition, it gives you a total body workout. Instructors will coach you through the scientifically proven moves!

**LES MILLS**  
**CORE**

Tighten your core & improve your functional strength. It's a low impact class focusing on all your core muscles including your hips & butt!

**LES MILLS**  
**BODYSTEP**

A step based cardio class combining basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body & quicker stepping to give you the chance to showcase your rhythm and flair.

**LES MILLS**  
**BODYCOMBAT**

This high-energy, martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round.

**LES MILLS**  
**RPM**

Improve fitness, lower body endurance & lower body shape in this 45min, no impact, indoor cardio cycle class!

**LES MILLS**  
**sprint**

A high intensity, low impact cycle workout, scientifically proven to return rapid results. Short, intense & thrilling!

**YOURLIFE**  
**CIRCHIIT**

Short bursts of high intensity training followed by rest in a circuit style class without Olympic lifts or heavy weights. Options for all fitness levels but with max intensity for max results!

**YOURLIFE**  
**CIRCHIIT STRONG**

Zone 1: Short sprints on cardio of choice  
Zone 2: Strength with dumbbells, kettle bells & slam balls  
Zone 3: Heavy lift focusing on technique & progressive overload. Ideal class for building muscle mass & strength.

**YOURLIFE**  
**PILATES REFORMER**

A full body workout with a combination of reformer, mat & other pilates equipment focusing on posture, core stability & mobility. You will be sure to feel the burn! Bring grip socks & a towel.

**YOURLIFE**  
**YOGA**

Gain flexibility, mental wellbeing & inner calm. Find your peace & strength like never before with our Master Trainers with years of experience in a calming atmosphere.

**Book a Pilates Reformer 24/7!**

All included in standard membership.

Grip socks compulsory on reformers.

Available to purchase at reception.



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**YOUR REFORMER**

## PORT MACQUARIE

### RECEPTION OPENING HOURS

**Monday to Friday**

7am - 7pm **Saturdays** 8am - 12pm

## SOVEREIGN HILLS

### RECEPTION OPENING HOURS

**Monday to Friday**

8:30am-12pm & 3pm-6pm

## CRECHE OPENING HOURS

**Monday to Fridays SATURDAYS**

8:30am - 11:30am 8am - 12pm  
& 4pm - 7pm (Exc. Friday Nights)

### TIPS - PLEASE READ

**Please arrive early** - If you are late & miss the warm up you may not be able to join in due to safety reasons. Please be 5mins early for classes that require set-up time.

**What to bring** - A towel, water bottle, covered footwear & appropriate clothing. You can bring your own mat for classes like yoga but we do have mats in our studios for you to borrow. Grip socks are compulsory for Pilates & are available to purchase at reception.

**Bring a friend** - We offer free trial passes. Having a training buddy can improve the regularity of your workouts.

**Booking is essential** - Book through our website or via reception & if you can't make it please cancel your booking.

**Ask for help** - See the class trainer or our reception for help before or after the class, that's what we're here for!

Alternate exercise options can always be given for injuries or beginners in any class style.

### ASK RECEPTION ABOUT OUR EXTRA PROGRAMS

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Training hard but not quite seeing results? Get a personalised comprehensive meal plan by our qualified Clinical Nutritionist.

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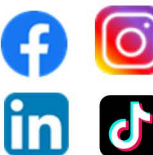
#### TRAINERIZE PLUS APP

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**Members Welcome Here!**



LesMills virtual classes are available on large TVs in our studios, offering a variety of options to suit your fitness level. Classes are pre-recorded by Master International Trainers, and a 3-minute safety video plays before each session. With virtual classes available On Demand 24/7, you can work out whenever it's convenient. CCTV cameras are in place for safety, and after-hours contact numbers are available.

Available for BodyPump, BodyBalance, BodyCombat & RPM.

SIGN UP FOR A TRIAL ONLINE!  
CAN ONLY BE USED DURING STAFFED HOURS.



**FREE 3 VISIT PASS**

**PORT'S BEST**  
AIR-CONDITIONED CENTRES.  
NO OBLIGATION FREE TRIAL.