

STUDIO 1 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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



PERSONALISED MEAL PLAN

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



☎ 6581 0059

🌐 www.yourlifefitnesscentre.com.au

✉ reception@yourlifefitnesscentre.com.au

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

*TIMETABLE SUBJECT TO CHANGE

Updated: 29/7/25

STUDIO 2 & 3 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

NEW 5 AM YOURLIFE CIRCHIIT Holly - 45 mins	6 AM LES MILLS RPM Damo - Cycle - 45 mins	NEW 5 AM YOURLIFE CIRCHIIT STRONG Holly - 45 mins	6 AM LES MILLS RPM Damo - Cycle - 45 mins	NEW 5 AM YOURLIFE CIRCHIIT Inny - 45 mins	7:15 AM LES MILLS sprint Daryl - Cycle - 30 mins
6 AM YOURLIFE CIRCHIIT Holly - 45 mins	9:15 AM YOURLIFE CIRCHIIT Arwyn - 45 mins	6 AM YOURLIFE CIRCHIIT STRONG Holly - 45 mins	9:15 AM YOURLIFE CIRCHIIT Kel - 45 mins	6 AM YOURLIFE CIRCHIIT Inny - 45 mins	7:00 AM YOURLIFE CIRCHIIT STRONG Jessie - 45 mins
6:50 AM YOURLIFE CIRCHIIT Holly - 45 mins	9:30 AM LES MILLS sprint Rach - Cycle - 30 mins	6:50 AM YOURLIFE CIRCHIIT STRONG Holly - 45 mins	9:30 AM LES MILLS sprint Rach - Cycle - 30 mins	COMMON SENSE 9:15 AM YOURLIFE CIRCHIIT STRONG Starting Aug 15th	8:15 AM YOURLIFE CIRCHIIT Jessie - 45 mins
4:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	10:15 AM LES MILLS CORE Annette - 30 mins	9:30 AM LES MILLS sprint Rach - Cycle - 30 mins	5:30 PM YOURLIFE CIRCHIIT Inny - 45 mins		9:15 AM YOURLIFE CIRCHIIT STRONG Jessie - 45 mins
5:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	4:30 PM LES MILLS CORE Annette - 30 mins	4:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	CLASS & CRECHE BOOKINGS ESSENTIAL SCAN TO BOOK OR CALL 6581 0059  Port Macquarie Centre Only		
5:30 PM LES MILLS sprint Daryl - Cycle - 30 mins	5:30 PM YOURLIFE CIRCHIIT STRONG Inny - 45 mins	5:20 PM YOURLIFE CIRCHIIT Kel - 45 mins			
6:20 PM YOURLIFE CIRCHIIT STRONG Kel - 45 mins		5:30 PM LES MILLS sprint Daryl - Cycle - 30 mins	LES MILLS ONDEMAND Virtual Available 24/7 LES MILLS BODYPUMP LES MILLS BODYBALANCE LES MILLS RPM LES MILLS BODYCOMBAT		

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.



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.



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
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.

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.



SCAN TO
BOOK

Grip socks compulsory on reformers.
Available to purchase at reception.

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.

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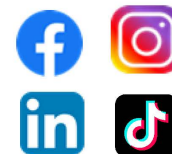
SCAN TO
DOWNLOAD



LES MILLS
VIRTUAL

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.



YOURLIFE
24 Hour Fitness Centre

FREE 3 VISIT PASS

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



Members
Welcome Here!

LES MILLS
SMART TECH

BOOY BUILDER
The original hip thrust machine

HAMMER
STRENGTH

KEISER
INTERACTIVE
CYCLING

concept 2
SkiERG

LifeFitness
WHAT WE LIVE FOR

TRX

thankyou.

LifeFitness
ON DEMAND

IRONEDGE
SERIOUS TRAINING

ghd
good hair day