

MONDAY 22/12

RECEPTION:

PMQ – 830AM TO 6PM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

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

6:00 AM **YOURLIFE CIRCHIIT**
Holly - St 3 - 45 mins

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

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

4:20 PM **YOURLIFE CIRCHIIT**
Kel - St 3 - 45 mins

5:20 PM **YOURLIFE CIRCHIIT**
Kel - St 3 - 45 mins

MONDAY 29/12

RECEPTION:

PMQ – 830AM TO 6PM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

6:00 AM **YOURLIFE CIRCHIIT**
Holly - St 3 - 45 mins

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

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

4:20 PM **YOURLIFE CIRCHIIT**
Kel - St 3 - 45 mins

TUESDAY 23/12

RECEPTION:

PMQ – 830AM TO 6PM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

9:15 AM **YOURLIFE CIRCHIIT**
Holly - St 3 - 45 mins

9:15 AM **PILATES REFORMER**
Kim - St 1 - 50 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

TUESDAY 30/12

RECEPTION:

PMQ – 830AM TO 6PM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

9:15 AM **YOURLIFE CIRCHIIT**
Jessie - St 3 - 45 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

WEDNESDAY 24/12

RECEPTION:

PMQ – 830AM TO 11AM

SOV – CLOSED

KIDS CRECHE:

CLOSED

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

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



WEDNESDAY 31/12

RECEPTION:

PMQ – 830AM TO 11AM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

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

THURSDAY 25/12

CHRISTMAS DAY

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED



THURSDAY 1/1

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED

HAPPY NEW YEARS



FRIDAY 26/12

BOXING DAY

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED



FRIDAY 2/1

RECEPTION:

PMQ – 830AM TO 6PM

SOV – 830AM TO 11AM

KIDS CRECHE:

CLOSED

9:15 AM **CIRCHIIT STRONG**
Kel - St 3 - 45 mins

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

SATURDAY 27/12

RECEPTION:

PMQ – 8AM TO 12PM

SOV – CLOSED

KIDS CRECHE:

CLOSED

7:00 AM **CIRCHIIT STRONG**
Holly - St 3 - 45 mins

8:15 AM **YOURLIFE CIRCHIIT**
Holly - St 3 - 45 mins

9:20 AM **LES MILLS BODYPUMP**
Annette - St 1 - 60 mins

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

SATURDAY 3/1

RECEPTION:

PMQ – 8AM TO 12PM

SOV – CLOSED

KIDS CRECHE:

CLOSED

7:00 AM **CIRCHIIT STRONG**
Kel - St 3 - 45 mins

8:15 AM **YOURLIFE CIRCHIIT**
Kel - St 3 - 45 mins

9:20 AM **LES MILLS BODYPUMP**
Kel - St 1 - 60 mins

SUNDAY 28/12

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED

LES MILLS
ONDEMAND

Virtual Available
24/7

LES MILLS BODYPUMP
LES MILLS BODYCOMBAT
LES MILLS RPM
LES MILLS BODYBALANCE

PORT MACQUARIE

Ph: 65810 059 Option 1

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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

5/1/25

BACK TO
NORMAL HOURS
& CLASSES
FOR 2026!

CRECHE & CLASS BOOKINGS ESSENTIAL

CLASSES AT PORT MACQUARIE
CENTRE ONLY

SCAN TO BOOK
OR CALL
65810059

