



DAY PASSES, 1 WEEK, 2 WEEK, 1 MONTH OPTIONS AVAILABLE



MONDAY 22/12

RECEPTION:

PMQ – 8:30AM TO 6PM

SOV – 8:30AM TO 11AM

KIDS CRECHE:

CLOSED

TUESDAY 23/12

RECEPTION:

PMQ – 8:30AM TO 6PM

SOV – 8:30AM TO 11AM

KIDS CRECHE:

CLOSED

WEDNESDAY 24/12

RECEPTION:

PMQ – 8:30AM TO 11AM

SOV – CLOSED

KIDS CRECHE:

CLOSED

THURSDAY 25/12

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED

FRIDAY 26/12

RECEPTION:

CLOSED

KIDS CRECHE:

CLOSED

SATURDAY 27/12

RECEPTION:

PMQ – 8AM TO 12PM

SOV – CLOSED

KIDS CRECHE:

CLOSED

SUNDAY 28/12

RECEPTION:

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.

6:00 **PILATES REFORMER**

Jessie - St 1 - 50 mins

6:00 **YOURLIFE CIRCUIT**

Holly - St 3 - 45 mins

9:15 **LESMILLS BODYPUMP**

Kel - St 1 - 60 mins

10:30 **YOURLIFE YOGA**

Mandy - St 1 - 70 mins

4:20 **YOURLIFE CIRCUIT**

Kel - St 3 - 45 mins

5:20 **YOURLIFE CIRCUIT**

Kel - St 3 - 45 mins

9:15 **YOURLIFE CIRCUIT**

Holly - St 3 - 45 mins

9:15 **PILATES REFORMER**

Kim - St 1 - 50 mins

10:30 **PILATES REFORMER**

Kim - St 1 - 50 mins

4:20 **PILATES REFORMER**

Jessie - St 1 - 50 mins

5:20 **PILATES REFORMER**

Jessie - St 1 - 50 mins

6:00 **PILATES REFORMER**

Jessie - St 1 - 50 mins

9:15 **LESMILLS BODYPUMP**

Annette - St 1 - 60 mins

10:30 **PILATES REFORMER**

Kim - St 1 - 50 mins

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Jessie - St 1 - 50 mins

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Jessie - St 1 - 50 mins

7:00 **CIRCUIT STRONG**

Holly - St 3 - 45 mins

8:15 **YOURLIFE CIRCUIT**

Holly - St 3 - 45 mins

9:20 **LESMILLS BODYPUMP**

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Mandy - St 1 - 70 mins

LesMills ONDEMAND

Virtual Available

24/7

LESMILLS BODYPUMP

LESMILLS BODYCOMBAT

LESMILLS RPM

LESMILLS BODYBALANCE

SOVEREIGN HILLS

Ph: 65810 059 Option 2

shreception@yourlifefitnesscentre.com.au

Shop 32, 15 Chancellors Drive.



AUActive 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**



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