

STUDIO 1 TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM PILATES REFORMER Jessie - 50 mins	6 AM LesMills BODYPUMP Kel - 60 mins	6 AM PILATES REFORMER Jessie - 50 mins	6 AM PILATES REFORMER Jessie - 50 mins	6 AM LesMills BODYPUMP Kel - 60 mins	6 AM PILATES REFORMER Inny - 50 mins
9:15 AM LesMills BODYPUMP Kel - 60 mins	9:15 AM PILATES REFORMER Kim - 50 mins	7:00 AM LesMills 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 Inny - 50 mins
10:30 AM YOURLIFE YOGA Mandy - 70 mins	10:30 AM PILATES REFORMER Kim - 50 mins	9:15 AM LesMills BODYPUMP Annette - 60 mins	9:15 AM PILATES REFORMER Yvonne - 50 mins	5:30 PM LesMills 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 Yvonne - 50 mins		9:20 AM LesMills 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 LesMills 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 LesMills CORE Annette - 30 mins	LesMills ONDEMAND Virtual Available 24/7 LESMILLS BODYPUMP LESMILLS BODYBALANCE LESMILLS RPM LESMILLS 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!

SCAN TO BOOK


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
reception@yourlifefitnesscentre.com.au

Shop 3 & 4, 180 Lake Rd, Port Macquarie

***TIMETABLE SUBJECT TO CHANGE**

Updated: 18/02/26

STUDIO 2 & 3 TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM YOURLIFE CIRCHIT Holly - 45 mins	5 AM YOURLIFE CIRCHIT Inny - 45 mins	5 AM YOURLIFE CIRCHIT STRONG Holly - 45 mins	5 AM YOURLIFE CIRCHIT STRONG Holly - 45 mins	5 AM YOURLIFE CIRCHIT Inny - 45 mins	5:15 AM LesMills sprint Daryl - Cycle - 30 mins
6 AM YOURLIFE CIRCHIT Holly - 45 mins	6 AM LesMills RPM Damo - Cycle - 45 mins	6 AM YOURLIFE CIRCHIT STRONG Holly - 45 mins	6 AM LesMills RPM Damo - Cycle - 45 mins	6 AM YOURLIFE CIRCHIT Inny - 45 mins	7:00 AM YOURLIFE CIRCHIT STRONG Jessie - 45 mins
6:50 AM YOURLIFE CIRCHIT Holly - 45 mins	9:15 AM YOURLIFE CIRCHIT Inny - 45 mins	6:50 AM YOURLIFE CIRCHIT STRONG Holly - 45 mins	9:15 AM YOURLIFE CIRCHIT Kel - 45 mins	9:15 AM YOURLIFE CIRCHIT STRONG Inny - 45 mins	8:15 AM YOURLIFE CIRCHIT Jessie - 45 mins
4:20 PM YOURLIFE CIRCHIT Kel - 45 mins	9:30 AM LesMills sprint Virtual - Cycle - 30 mins	4:20 PM YOURLIFE CIRCHIT Kel - 45 mins	9:30 AM LesMills sprint Kim - Cycle - 30 mins		9:15 AM YOURLIFE CIRCHIT STRONG Jessie - 45 mins
5:20 PM YOURLIFE CIRCHIT Kel - 45 mins	10:15 AM LesMills CORE Annette - 30 mins	5:20 PM YOURLIFE CIRCHIT Kel - 45 mins	5:30 PM YOURLIFE CIRCHIT Inny - 45 mins		
5:30 PM LesMills sprint Daryl - Cycle - 30 mins	4:30 PM LesMills CORE Annette - 30 mins	5:30 PM LesMills sprint Daryl - Cycle - 30 mins			
6:20 PM YOURLIFE CIRCHIT STRONG Kel - 45 mins	5:30 PM YOURLIFE CIRCHIT STRONG Inny - 45 mins				

**CLASS & CRECHE
BOOKINGS ESSENTIAL**

Download on the App Store



GET IT ON Google Play


**DOWNLOAD THE APP TO BOOK
OR CALL 6581 0059**

SCAN TO DOWNLOAD


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.

**BOOK VIA OUR
MEMBERS APP!**

CLASS NAME**LESMILLS
BODYPUMP****CLASS DESCRIPTION**

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!

**LESMILLS
CORE**

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

**LESMILLS
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.

**LESMILLS
RPM**

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

**LESMILLS
Sprint**

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

**YOURLIFE
CIRCUIT**

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
CIRCUIT
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.****BOOK VIA OUR MEMBERS APP!
SEARCH 'YOUR LIFE FITNESS CENTRE' IN THE APP STORE**

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.

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.

**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.

**Members
Welcome Here!**

**LesMills
SMARTTECH**  **BOOTY 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  **ghd** good hair day



YOURLIFE
24 Hour Fitness Centre

FREE 3 VISIT PASS

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