

# STUDIO 1 TIME TABLE



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\*TIMETABLE SUBJECT TO CHANGE

Launching: 06/10/26

# STUDIO 3 TIME TABLE

## STUDIO 2 CYCLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

|                                                        |                                                        |                                                           |                                                           |                                                                                                                                                                   |                                                           |
|--------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 6 AM<br><b>YOURLIFE SCULPT</b><br>Jessie - 45 mins     | 6 AM<br><b>LES MILLS BODYPUMP</b><br>Kel - 60 mins     | 6 AM<br><b>PILATES REFORMER</b><br>Jessie - 50 mins       | 5 AM<br><b>YOURLIFE SCULPT</b><br>Jessie - 45 mins        | 6 AM<br><b>LES MILLS BODYPUMP</b><br>Kel - 60 mins                                                                                                                | 6 AM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins       |
| 8:10 AM<br><b>YOURLIFE SCULPT</b><br>Annette - 45 mins | 9:15 AM<br><b>PILATES REFORMER</b><br>Kim - 50 mins    | 7 AM<br><b>YOURLIFE SCULPT</b><br>Annette - 45 mins       | 6 AM<br><b>PILATES REFORMER</b><br>Jessie - 50 mins       | 9:15 AM<br><b>YOURLIFE SCULPT</b><br>Kim - 45 mins                                                                                                                | 7 AM<br><b>YOURLIFE SCULPT</b><br>Yvonne - 45 mins        |
| 9:15 AM<br><b>LES MILLS BODYPUMP</b><br>Kel - 60 mins  | 10:30 AM<br><b>PILATES REFORMER</b><br>Kim - 50 mins   | 9:15 AM<br><b>LES MILLS BODYPUMP</b><br>Annette - 60 mins | 7 AM<br><b>PILATES REFORMER</b><br>Jessie - 50 mins       | 10:30 AM<br><b>PILATES REFORMER</b><br>Kim - 50 mins                                                                                                              | 8:10 AM<br><b>YOURLIFE YOGA</b><br>Mandy - 60 mins        |
| 10:30 AM<br><b>YOURLIFE YOGA</b><br>Mandy - 70 mins    | 4:20 PM<br><b>PILATES REFORMER</b><br>Jessie - 50 mins | 10:30 AM<br><b>YOURLIFE YOGA</b><br>Mel - 70 mins         | 9:15 AM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins    |                                                                                                                                                                   | 9:20 AM<br><b>LES MILLS BODYPUMP</b><br>Annette - 60 mins |
| 4:20 PM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins | 5:20 PM<br><b>PILATES REFORMER</b><br>Jessie - 50 mins | 4:20 PM<br><b>PILATES REFORMER</b><br>Kim - 50 mins       | 10:30 AM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins   |                                                                                                                                                                   | 10:30 AM<br><b>YOURLIFE YOGA</b><br>Mandy - 70 mins       |
| 5:20 PM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins | 6:20 PM<br><b>YOURLIFE SCULPT</b><br>Jessie - 45 mins  | 5:15 PM<br><b>PILATES REFORMER</b><br>Kim - 50 mins       | 4:20 PM<br><b>LES MILLS BODYPUMP</b><br>Annette - 60 mins | <b>LES MILLS ONDEMAND</b><br>Virtual Available 24/7<br><b>LES MILLS BODYPUMP</b> <b>LES MILLS BODYCOMBAT</b><br><b>LES MILLS RPM</b> <b>LES MILLS BODYBALANCE</b> |                                                           |
| 6:20 PM<br><b>PILATES REFORMER</b><br>Yvonne - 50 mins |                                                        | 6:10 PM<br><b>YOURLIFE YOGA</b><br>Jules - 70 mins        | 5:30 PM<br><b>YOURLIFE SCULPT</b><br>Annette - 45 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!



|                                                           |
|-----------------------------------------------------------|
| MON 9:30 AM<br><b>LES MILLS RPM</b><br>Kim - 30 mins      |
| MON 5:30 PM<br><b>LES MILLS sprint</b><br>Daryl - 30 mins |
| TUES 6 AM<br><b>LES MILLS RPM</b><br>Damo - 45 mins       |
| WED 5:30 PM<br><b>LES MILLS sprint</b><br>Daryl - 30 mins |
| THURS 6 AM<br><b>LES MILLS RPM</b><br>Damo - 45 mins      |
| THURS 9:30 AM<br><b>LES MILLS sprint</b><br>Kim - 30 mins |
| SAT 7:15 AM<br><b>LES MILLS sprint</b><br>Daryl - 30 mins |

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

|                                                          |                                                                   |                                                        |                                                                 |                                                      |                                                          |
|----------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|
| 5 AM<br><b>YOURLIFE CIRCHIIT</b><br>Holly - 45 mins      | 5 AM<br><b>NEW YOURLIFE IGNITE</b><br>Kate - 45 mins              | 5 AM<br><b>YOURLIFE STRONG</b><br>Holly - 45 mins      | 5 AM<br><b>YOURLIFE STRONG</b><br>Holly - 45 mins               | 5 AM<br><b>YOURLIFE CIRCHIIT</b><br>Millie - 45 mins | 7 AM<br><b>YOURLIFE STRONG</b><br>Kate - 45 mins         |
| 6 AM<br><b>YOURLIFE CIRCHIIT</b><br>Holly - 45 mins      | 6 AM<br><b>NEW YOURLIFE STRONG</b><br>Kate - 45 mins              | 6 AM<br><b>YOURLIFE STRONG</b><br>Holly - 45 mins      | 6 AM<br><b>NEW YOURLIFE IGNITE</b><br>Holly - 45 mins           | 6 AM<br><b>YOURLIFE CIRCHIIT</b><br>Millie - 45 mins | 8 AM<br><b>YOURLIFE STRONG</b><br>Kate - 45 mins         |
| 6:50 AM<br><b>NEW YOURLIFE STRONG</b><br>Holly - 45 mins | 9:15 AM<br><b>YOURLIFE CIRCHIIT</b><br>Holly - 45 mins            | 6:50 AM<br><b>YOURLIFE STRONG</b><br>Holly - 45 mins   | 9:15 AM<br><b>YOURLIFE CIRCHIIT</b><br>Kel - 45 mins            | 9:15 AM<br><b>YOURLIFE STRONG</b><br>Kel - 45 mins   | 9:15 AM<br><b>YOURLIFE CIRCHIIT</b><br>Kate - 45 mins    |
| 4:20 PM<br><b>YOURLIFE CIRCHIIT</b><br>Kel - 45 mins     | 10:30 AM<br><b>NEW YOURLIFE LONGEVITY CLUB</b><br>Holly - 45 mins | 4:20 PM<br><b>YOURLIFE CIRCHIIT</b><br>Kel - 45 mins   | 10:30 AM<br><b>NEW YOURLIFE LONGEVITY CLUB</b><br>Kel - 45 mins |                                                      | 10:15 AM<br><b>NEW YOURLIFE IGNITE</b><br>Kate - 45 mins |
| 5:20 PM<br><b>YOURLIFE CIRCHIIT</b><br>Kel - 45 mins     | 4:30 PM<br><b>NEW YOURLIFE STRONG</b><br>Kate - 45 mins           | 5:20 PM<br><b>NEW YOURLIFE IGNITE</b><br>Kel - 45 mins | 4:30 PM<br><b>NEW YOURLIFE IGNITE</b><br>Kate - 45 mins         |                                                      |                                                          |
| 6:20 PM<br><b>YOURLIFE STRONG</b><br>Kel - 45 mins       | 5:30 PM<br><b>NEW YOURLIFE IGNITE</b><br>Kate - 45 mins           |                                                        | 5:30 PM<br><b>YOURLIFE STRONG</b><br>Kate - 45 mins             |                                                      |                                                          |

### CLASS & CRECHE BOOKINGS ESSENTIAL

DOWNLOAD THE APP TO BOOK OR CALL 6581 0059



ASK RECEPTION ABOUT OUR EXTRA PROGRAMS

### 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.

BOOK VIA OUR MEMBERS APP!

## 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!

**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**  
**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**  
**IGNITE**

An endurance class combining the runner, ski, rower and bike with functional movements using KBs, DBs and dead balls. Expect EMOMs & AMRAPs with every workout designed to challenge you at your own pace.

**YOURLIFE**  
**LONGEVITY CLUB**

A fun, supportive group class combining functional strength and low-impact cardio, designed to help you stay strong, mobile and independent for life.

**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**  
**SCULPT**

Choreographed to feel-good beats, this class moves between strength sets, core-focused Pilates work, and heart-pumping cardio bursts. High vibes, big energy, and a full-body burn that will leave you feeling strong, sculpted, and sweaty!

**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.

**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!

**Book a Pilates Reformer 24/7!** **YOUR REFORMER**  
Included in all standard memberships.

Book via our members app!

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

## 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!

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



#### 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.

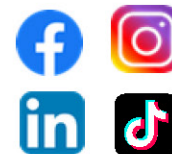
SCAN TO DOWNLOAD



**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!**

