

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 YOURLIFE SCULPT Jessie - 45 mins	6 AM LES MILLS BODYPUMP Kel - 60 mins	6 AM PILATES REFORMER Jessie - 50 mins	5 AM YOURLIFE SCULPT Jessie - 45 mins	6 AM LES MILLS BODYPUMP Kel - 60 mins	6 AM PILATES REFORMER Yvonne - 50 mins
8:10 AM YOURLIFE SCULPT Annette - 45 mins	9:15 AM PILATES REFORMER Kim - 50 mins	7 AM YOURLIFE SCULPT Annette - 45 mins	6 AM PILATES REFORMER Jessie - 50 mins	9:15 AM YOURLIFE SCULPT Kim - 45 mins	7 AM YOURLIFE SCULPT Yvonne - 45 mins
9:15 AM LES MILLS BODYPUMP Kel - 60 mins	10:30 AM PILATES REFORMER Kim - 50 mins	9:15 AM LES MILLS BODYPUMP Annette - 60 mins	7 AM PILATES REFORMER Jessie - 50 mins	10:30 AM PILATES REFORMER Kim - 50 mins	8:10 AM YOURLIFE YOGA Mandy - 60 mins
10:30 AM YOURLIFE YOGA Mandy - 70 mins	4:20 PM PILATES REFORMER Jessie - 50 mins	10:30 AM YOURLIFE YOGA Mel - 70 mins	9:15 AM PILATES REFORMER Yvonne - 50 mins		9:20 AM LES MILLS BODYPUMP Annette - 60 mins
4:20 PM PILATES REFORMER Yvonne - 50 mins	5:20 PM PILATES REFORMER Jessie - 50 mins	4:20 PM PILATES REFORMER Kim - 50 mins	10:30 AM PILATES REFORMER Yvonne - 50 mins		10:30 AM YOURLIFE YOGA Mandy - 70 mins
5:20 PM PILATES REFORMER Yvonne - 50 mins	6:20 PM YOURLIFE SCULPT Jessie - 45 mins	5:15 PM PILATES REFORMER Kim - 50 mins	4:20 PM LES MILLS BODYPUMP Annette - 60 mins	LES MILLS ONDEMAND Virtual Available 24/7 LES MILLS BODYPUMP LES MILLS BODYCOMBAT LES MILLS RPM LES MILLS BODYBALANCE	
6:20 PM PILATES REFORMER Yvonne - 50 mins		6:10 PM YOURLIFE YOGA Jules - 70 mins	5:30 PM YOURLIFE SCULPT 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 LES MILLS RPM Kim - 30 mins
MON 5:30 PM LES MILLS sprint Daryl - 30 mins
TUES 6 AM LES MILLS RPM Damo - 45 mins
WED 5:30 PM LES MILLS sprint Daryl - 30 mins
THURS 6 AM LES MILLS RPM Damo - 45 mins
THURS 9:30 AM LES MILLS sprint Kim - 30 mins
SAT 7:15 AM LES MILLS sprint Daryl - 30 mins

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

5 AM YOURLIFE CIRCHIIT Holly - 45 mins	5 AM NEW YOURLIFE IGNITE Kate - 45 mins	5 AM YOURLIFE STRONG Holly - 45 mins	5 AM YOURLIFE STRONG Holly - 45 mins	5 AM YOURLIFE CIRCHIIT Millie - 45 mins	7 AM YOURLIFE STRONG Kate - 45 mins
6 AM YOURLIFE CIRCHIIT Holly - 45 mins	6 AM NEW YOURLIFE STRONG Kate - 45 mins	6 AM YOURLIFE STRONG Holly - 45 mins	6 AM NEW YOURLIFE IGNITE Holly - 45 mins	6 AM YOURLIFE CIRCHIIT Millie - 45 mins	8:05 AM YOURLIFE STRONG Kate - 45 mins
6:50 AM YOURLIFE CIRCHIIT Holly - 45 mins	9:15 AM YOURLIFE CIRCHIIT Holly - 45 mins	6:50 AM YOURLIFE STRONG Holly - 45 mins	9:15 AM YOURLIFE CIRCHIIT Kel - 45 mins	9:15 AM YOURLIFE STRONG Kel - 45 mins	9:15 AM YOURLIFE CIRCHIIT Kate - 45 mins
4:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	10:30 AM NEW YOURLIFE LONGEVITY CLUB Holly - 45 mins	4:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	10:30 AM NEW YOURLIFE LONGEVITY CLUB Kel - 45 mins		10:15 AM NEW YOURLIFE IGNITE Kate - 45 mins
5:20 PM YOURLIFE CIRCHIIT Kel - 45 mins	4:30 PM NEW YOURLIFE STRONG Kate - 45 mins	5:20 PM NEW YOURLIFE IGNITE Kel - 45 mins	4:30 PM NEW YOURLIFE IGNITE Kate - 45 mins		
6:20 PM YOURLIFE STRONG Kel - 45 mins	5:30 PM NEW YOURLIFE IGNITE Kate - 45 mins		5:30 PM YOURLIFE STRONG 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.

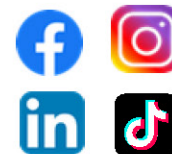
SCAN TO DOWNLOAD



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!

