STUDIO 1 TIME TABLE

YOURLIFE 24 Hour Fitness Centre

6581 0059
www.yourlifefitnesscentre.com.au
reception@yourlifefitnesscentre.com.au
Shop 3 & 4, 180 Lake Rd, Port Macquarie

FOUNDED IN PMQ AUSTRALIAN OWNED

*TIMETABLE SUBJECT TO CHANGE

Updated: 11/11/26

STUDIO 3 TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	6 AM	6 AM	6AM	6 AM	6 AM
YOURLIFE SCULPT Jessie - 45 mins	LesMills BODYPUMP Kel - 60 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Jessie - 50 mins	LesMills BODYPUMP Kel - 60 mins	PILATES REFORMER Yvonne - 50 mins
8:10AM	9:15 AM	8:10AM	7AM	9:15AM	7AM
YOURLIFE SCULPT Annette - 45 mins	PILATES REFORMER Kim - 50 mins	NEW YOURLIFE SCULPT Annette - 45 mins	PILATES REFORMER Jessie - 50 mins	YOURLIFE SCULPT Kim - 45 mins	YOURLIFE SCULPT Yvonne - 45 mins
9:15 AM	10:30 AM	9:15 AM	9:15 AM	10:30 AM	8:10 AM
LesMills BODYPUMP Kel - 60 mins	PILATES REFORMER Kim - 50 mins	LesMills BODYPUMP Annette - 60 mins	PILATES REFORMER Yvonne - 50 mins	PILATES REFORMER Kim - 50 mins	YOURLIFE YOGA Mandy - 60 mins
10:30 AM	4:20 PM	10:30 AM	4:20 PM		9:20 AM
YOURLIFE YOGA Mandy - 70 mins	PILATES REFORMER Jessie - 50 mins	YOURLIFE YOGA Mel - 70 mins	LesMills BODYPUMP Annette - 60 mins		LesMills BODYPUMP Annette - 60 mins
4:20 PM	5:20 PM	4:20 PM	5:30 PM		10:30 AM
PILATES REFORMER Yvonne - 50 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Kim - 50 mins	YOURLIFE SCULPT Annette - 45 mins		YOURLIFE YOGA Mandy - 70 mins
5:20 PM	6:20 PM	5:15 PM			
PILATES REFORMER Yvonne - 50 mins	YOURLIFE SCULPT Jessie - 45 mins	PILATES REFORMER Kim - 50 mins			
6:20 PM		6:10 PM			
PILATES REFORMER Yvonne - 50 mins		YOURLIFE YOGA Jules - 70 mins			

LesMILLS ONDEMAND
Virtual Available 24/7
LesMills BODYPUMP LesMills BODYCOMBAT
LesMills RPM LesMills BODYBALANCE

ASK RECEPTION ABOUT OUR EXTRA PROGRAMS

STUDIO 2 CYCLE

MON 5:30PM
LesMills sprint Daryl - 30 mins
TUES 6AM
LesMills RPM Damo - 45 mins
WED 5:30PM
LesMills sprint Daryl - 30 mins
THURS 6AM
LesMills RPM Damo - 45 mins
SAT 7:15AM
LesMills sprint Daryl - 30 mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM	5 AM	5 AM	5 AM	5 AM	6 AM
YOURLIFE CIRCHIIT Holly - 45 mins	NEW YOURLIFE IGNITE Kate - 45 mins	YOURLIFE STRONG Holly - 45 mins	YOURLIFE STRONG Holly - 45 mins	YOURLIFE CIRCHIIT Millie - 45 mins	NEW YOURLIFE IGNITE Kate - 45 mins
6 AM	6 AM	6 AM	6 AM	6 AM	7:00 AM
YOURLIFE CIRCHIIT Holly - 45 mins	NEW YOURLIFE STRONG Kate - 45 mins	YOURLIFE STRONG Holly - 45 mins	NEW YOURLIFE IGNITE Holly - 45 mins	YOURLIFE CIRCHIIT Millie - 45 mins	YOURLIFE STRONG Kate - 45 mins
6:50AM	9:15AM	6:50AM	9:15AM	9:15AM	8:05AM
YOURLIFE CIRCHIIT Holly - 45 mins	YOURLIFE CIRCHIIT Holly - 45 mins	YOURLIFE STRONG Holly - 45 mins	YOURLIFE CIRCHIIT Kel - 45 mins	YOURLIFE STRONG Kel - 45 mins	YOURLIFE STRONG Kate - 45 mins
4:20PM	10:30AM	4:20PM	10:30AM		9:15AM
YOURLIFE CIRCHIIT Kel - 45 mins	NEW YOURLIFE LONGEVITY CLUB Holly - 45 mins	YOURLIFE CIRCHIIT Kel - 45 mins	NEW YOURLIFE LONGEVITY CLUB Kel - 45 mins		YOURLIFE CIRCHIIT Kate - 45 mins
5:20PM	4:30PM	5:20PM	4:30PM		
YOURLIFE CIRCHIIT Kel - 45 mins	NEW YOURLIFE STRONG Kate - 45 mins	NEW YOURLIFE IGNITE Kel - 45 mins	NEW YOURLIFE IGNITE Kate - 45 mins		
6:20PM	5:30PM		5:30PM		
YOURLIFE STRONG Kel - 45 mins	NEW YOURLIFE IGNITE Kate - 45 mins		YOURLIFE STRONG Kate - 45 mins		

CLASS & CRECHE BOOKINGS ESSENTIAL
DOWNLOAD THE APP TO BOOK OR CALL 6581 0059
Download on the App Store
GET IT ON Google Play

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

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
LesMills 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 CIRCHIIT	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.
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!

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 & 4pm - 7pm (Exc. Friday Nights)	8am - 12pm

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 DOWNLAOD

LesMILLS 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.

FITNESS passport.
Members Welcome Here!

LesMILLS SMART TECH
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 SERIOUS TRAINING
ghd good hair day

SIGN UP FOR A TRIAL ONLINE!
CAN ONLY BE USED DUINRG STAFFED HOURS.
YOURLIFE 24 Hour Fitness Centre
FREE 3 VISIT PASS
PORT'S BEST
AIR-CONDITIONED CENTRES.
NO OBLIGATION FREE TRIAL.