

## September Timetable

1<sup>st</sup> September – 30<sup>th</sup> September 2025

**Staffed Hours:** Monday to Thursday 5am – 8.30pm  
Friday 5am – 7pm Saturday & Sunday 7am – 6.30pm

**Crèche Hours:** Monday to Friday 8:15am – 11:45am  
Saturday 7.30am - 11:45am

Staffed hours differ on Public Hols. Creche is closed Public Hols

*See Reception to book your  
FREE 'Small Group Training' session!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>5:10am</b> <b>SGT METCON</b> (45mins) Mirka/FP	<b>5:30am</b> Strength Conditioning (45mins) Jess/GFS	<b>5:10am</b> <b>SGT METCON</b> (45mins) Jess/FP			
<b>5:45am</b> Body Pump (1hr) Adam/GFS	<b>5:30am</b> HIIT (30mins) Hilary/GFS	<b>5:45am</b> Les Mills RPM (45mins) Olivia V/CS	<b>5:45am</b> Les Mills Freestyle Cycle (45mins) Teresa/CS	<b>5:45am</b> Les Mills Body Pump (45mins) Dan/GFS	<b>7:15am</b> Les Mills RPM (45mins) Nicole/CS	
<b>5:45am</b> Les Mills RPM (45mins) Donna/CS	<b>5:30am</b> Hot Pilates (45mins) Jess/YPS	<b>5:45am</b> Pilates (45mins) Peri/YPS	<b>6:00am</b> Circuit (45mins) Jess/GFS	<b>5:45am</b> Les Mills RPM (45mins) Phil S/CS	<b>7:30am</b> <b>SGT PARTNERED</b> <b>METCON (55mins)</b> Jessie/FP	
<b>8:45am</b> HIIT (30 mins) Adam/GFS	<b>5:45am</b> Les Mills RPM (45mins) Sarah/CS	<b>9:00am</b> HIIT (30 mins) Hilary/GFS	<b>8:45am</b> Box Circuit (45 mins) Alex/GFS	<b>6:00am</b> Pilates (45mins) Daisy/YPS	<b>8:00am</b> Circuit (45mins) Mirka/GFS	
<b>9:00am</b> Pilates (45 mins) Daisy/YPS	<b>6:15am</b> Circuit (45mins) Mirka/GFS	<b>9:15am</b> <b>SGT STRENGTH</b> (45mins) Peri/FP	<b>8:45am</b> Pilates (45mins) Jess/YPS	<b>8:45am</b> HIIT (30mins) Emily/GFS	<b>8:15am</b> Les Mills RPM (45mins) Phil/CS	<b>9:00am</b> Zumba (1hr) Celine/GFS
<b>9:15am</b> <b>SGT METCON</b> (45mins) Lexi/FP	<b>8:45am</b> ABT (30 mins) Mirka/GFS	<b>9:00am</b> Yoga Meditation (75mins) Alisa/YPS	<b>9:00am</b> <b>SGT STRENGTH</b> (45mins) Nancy/FP	<b>9:30am</b> Les Mills Body Step (1hr) Donna/GFS	<b>9:00am</b> Booty Blitz (30mins) Mirka/YPS	<b>9:00am</b> Yoga (1hr) Sandra/YPS
<b>9:30am</b> Les Mills Body Attack (1hr) Adam/GFS	<b>9:30am</b> Les Mills Body Attack (1hr) Donna/GFS	<b>9:35am</b> Les Mills Body Pump (1hr) Hilary/GFS	<b>9:35am</b> Les Mills Body Pump (1hr) Alex/GFS	<b>9:30am</b> ABT (30 mins) Daisy/YPS	<b>9:30am</b> Les Mills Body Attack (1hr) Adam/GFS	
<b>9:30am</b> Les Mills RPM (45mins) Nicole/CS	<b>9:30am</b> Pilates (45 mins) Mirka/YPS	<b>10:30am</b> Pilates (45 mins) Peri/YPS	<b>9:35am</b> Pilates (45mins) Jess/YPS	<b>9:30am</b> Freestyle Cycle (45mins) Emily/CS	<b>9:35am</b> Pilates (45 mins) Mirka/YPS	
<b>10:30am</b> Yoga (1hr) Brigitte/YPS	<b>10:30am</b> Pilates (45 mins) Mirka/YPS	<b>11:20am</b> Zumba (1hr) Jamie/YPS	<b>10:45am</b> Les Mills Body Balance (1hr) Sarah/YPS	<b>10:15am</b> Hot Yoga (1hr) Megan/YPS	<b>10:30am</b> Pilates (45mins) Daisy/YPS	
	<b>10:35am</b> Les Mills Body Pump (1hr) Donna/GFS				<b>10:40am</b> Yoga (1hr) Natalie/GFS	
<b>1:15pm</b> Pilates (45mins) Mirka/YPS		<b>12:15pm</b> Strength Conditioning (45mins) Sue/GFS	<b>1:15pm</b> Pilates (45mins) Mirka/YPS	<b>12:15pm</b> Strength Conditioning (45mins) Sue/GFS		
<b>5:25pm</b> HIIT (30mins) Nancy/GFS	<b>5:15pm</b> Cardio Blast (30 mins) Mary/GFS	<b>5:25pm</b> HIIT Cycle (30mins) Sandy/CS	<b>5:10pm</b> Pilates (45mins) Alex/YPS			<b>3:45pm</b> Hot Power Yoga (1hr) Rocket/YPS
<b>6:00pm</b> Functional Core (30mins) Adam/YPS	<b>5:30pm</b> <b>SGT STRENGTH</b> (45mins) Nancy/FP	<b>5:25pm</b> HIIT (30 mins) Nancy/GFS	<b>5:15pm</b> Box Circuit (45 mins) Julie/GFS	<b>5:30pm</b> Zumba (1hr) Melitta/GFS	<b>4:00pm</b> Les Mills Body Pump (1hr) Sandy or Phil S/GFS	<b>5:00pm</b> Yin Yoga (1hr) Rocket/YPS
<b>6:00pm</b> Les Mills RPM (45mins) Sandy/CS	<b>6:00pm</b> Les Mills RPM (45mins) Donna/CS	<b>6:00pm</b> ABT (30 mins) Adam/YPS	<b>6:00pm</b> Les Mills RPM (45mins) Phil/CS	<b>5:30pm</b> Pilates (45mins) Daisy/YPS		<b>5:00pm</b> Les Mills RPM (45mins) Donna/CS
<b>6:00pm</b> Les Mills Body Step (1hr) Donna/GFS	<b>6:00pm</b> Les Mills Body Pump (1hr) Phil S/GFS	<b>6:00pm</b> Les Mills Body Step (1hr) Donna/GFS	<b>6:00pm</b> Vinyasa Yoga (1hr) Jen/YPS			
<b>6:45pm</b> Zumba (1hr) Narelle/YPS	<b>6:15pm</b> Pilates (45mins) Jess/YPS	<b>6:45pm</b> Hot Yoga Intermediate (1hr) Alisa/YPS	<b>6:05pm</b> Les Mills Body Pump (1hr) Sandy/GFS			
<b>7:10pm</b> Yoga (1hr) Natalie/GFS	<b>7:05pm</b> Les Mills Body Balance (1hr) Nuria or Sarah/GFS	<b>7:10pm</b> Les Mills Body Pump (1hr) Phil S/GFS	<b>7:10pm</b> Yoga Slow Flow (1hr) Jen/GFS			

# Class Descriptions

**LES MILLS**

<b>Class &amp; Sauna bookings</b>	Bookings open from 48 hours prior, and all classes and sauna sessions require booking. Simply register via <a href="https://activelifefitness-evertonhills.yepbooking.com.au/">https://activelifefitness-evertonhills.yepbooking.com.au/</a>
<b>Pilates &amp; Hot Pilates</b>	A low-impact, core-focused workout to strengthen and lengthen your muscles. Fantastic for total body sculpting and suitable for any age and fitness level. *Hot Pilates heated to approx. 35 degrees
<b>Yoga &amp; Yoga Slow Flow</b>	Yoga practice is renowned for aiding stress relief, increasing flexibility and improving your posture. Learn easy relaxation methods including controlling breath flow, while you stretch and release tension in your body. You will leave feeling calm and restored. *Great for beginners
<b>Hot Yoga</b>	Invigorate your senses by participating in a beautiful Yoga flow in our heated studio – between 28 and 35 degrees. You'll stretch your body and re-set your mind, all while you gain the absolute most from your poses and push your limits.
<b>Yin Yoga</b>	Yin is a deep practice that focuses on stretching, recovery and relaxation. The 60-minute class places you in postures for 3-5 minutes, allowing the muscles, fascia, tendons and ligaments, to stretch and release. A perfect practice to compliment your strength and cardio training.
<b>Vinyasa Yoga</b>	Vinyasa Yoga is an active practice that incorporates the breath with movement into a dynamic sequence. The aim is to create a sense of flow from one posture to the next, giving students a sense of meditation in motion. Although this style can be physically challenging at times, students are given a variety of options and modifications in order to customise the practice to suit their needs and abilities, thus making it accessible to new students who have a moderate level of fitness. The room is kept at an ambient temperature of 22-24 degrees.
<b>Yoga Meditation</b>	Yoga Meditation will focus on breath, mind and body. Breathe, stretch, strengthen and balance in various Yoga asanas. Music meditations to calm the mind, Qi Gong to shift energy and encourage balance within.
<b>Les Mills RPM HIIT Cycle &amp; Freestyle Cycle</b>	High energy indoor cycling workouts, where you ride to the rhythm of powerful music. Take on the hills, flats, time trials and interval training at your own level with adjustable resistance. Keep it low impact while reaping all the cardio benefits and engaging those leg and core muscles! Climb hills, sprint along flats and enjoy the ride (RPM & Freestyle Cycle 45-minutes, HIIT Cycle 30-minutes)
<b>Strength Conditioning</b>	Strength Conditioning is a dynamic class combining cardiovascular endurance, muscular strength, and mobility. Offering a dynamic blend of exercises challenging all aspects of fitness and providing a perfectly balanced workout.
<b>HIIT</b>	High Intensity Interval Training – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
<b>Cardio Blast</b>	Get your blood pumping in this 30-minute cardio workout designed to ensure maximum calorie burn! Keep your body guessing with this innovative class intended to push you to your limits.
<b>Box Circuit &amp; Circuit</b>	Box Circuit incorporates partnered boxing work and other cardio exercises. Circuit is a combination of cardio and strength-based training. Both great for fat-burning, toning, improving fitness and strength. You'll be sure to get results from these high energy classes. Get ready to whip your body into shape.
<b>Les Mills Body Pump</b>	BODY PUMP is the original barbell class that strengthens your entire body. A 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
<b>Les Mills Body Balance</b>	BODY BALANCE is a Yoga, Tai Chi and Pilates fusion that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing and a carefully structured series of stretches, moves & poses to music create a holistic workout involving a state of harmony & balance.
<b>Les Mills Body Attack</b>	BODY ATTACK is the sports inspired cardio workout for building strength and stamina. The high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This energetic cardio class will launch you towards your fitness goals.
<b>Les Mills Body Step</b>	BODY STEP is the energetic step workout that makes you feel alive. Using height adjustable steps and simple movements involving cardio blocks; this high energy class will push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body.
<b>ABT (Abs, Butt &amp; Thighs)</b>	Tone your tummy, tighten your toosh and strengthen those thighs – a low impact class that works to tone and sculpt with particular focus on the abs, butt and thighs. 30 minutes of work – get the most bang for your buck.
<b>Booty Blitz</b>	Sculpt your booty and lower body in this 30-minute burner. Using resistance bands, ankle weights and 'magic circles' you will tighten and tone your lower body while working toward those buns of steel!
<b>Functional Core</b>	Strengthen and tone your mid-section using functional movements and small equipment. With a spicy abdominal burner to finish, you will certainly feel that core working in this 30-minute class!
<b>Zumba</b>	<b>ZUMBA®</b> is a fusion of Latin and International music / dance themes that create a dynamic, and energetic class. Based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
<b>*Small Group Training (SGT)</b> 'MetCon' 'Strength' 'Partnered MetCon'	Our Small Group Training (SGT) sessions are created so you can experience true fitness. Metabolic Conditioning (MetCon), Strength or Partnered Metcon. Functional Fitness classes led by our dedicated Trainers and designed to be different, so that every workout is a challenge. You won't believe what you are capable of until you try! <b>BOOKINGS ESSENTIAL. MAX 12 PEOPLE PER SESSION. FIRST SESSION FREE *Additional Charge</b>