Active Life Everton Hills

(07) 3353 2222
Cnr Old Northern Rd and Chinook St, Everton Hills
www.activelifefitness.com.au/evertonhills/

November Timetable
1st November– 30th November 2026

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

Try Small Group Training for free! See Reception to book

In need of some guidance in the gym? Ask our friendly team about Personal Training options!

Monday	Tuesday		Thursday	Friday	Saturday	Sunday
	5:10am **SGT METCON** (45mins) Mirka/FP		**5:10am** **SGT METCON** (45mins) Adam/FP			
5:45am Body Pump (1hr) Adam/GFS	**5:30am** HIIT (30mins) Hilary/GFS	**5:30am** Functional Strength & Balance (45mins) Elliott/GFS	**5.30am** Vinyasa Yoga (1hr) Elliott/YPS	**5:45am** Les Mills Body Pump (45mins) Dan/GFS	**7:15am** Les Mills RPM (45mins) Lisa/CS	
5:45am Les Mills RPM (45mins) Donna/CS	**5.30am** Hot Pilates (45mins) Daisy/YPS	**5:45am** Les Mills RPM (45mins) Olivia/CS	**5:45am** Les Mills RPM (45mins) Lisa/CS	**5:45am** Les Mills RPM (45mins) Phil S/CS	**7:30am** **SGT PARTNERED METCON (55mins)** Jessie/FP	
8:45am HIIT (30 mins) Adam/GFS	**5:45am** Les Mills RPM (45mins) Nicole/CS	**5:45am** Pilates (45mins) Telia/YPS	**6:00am** Circuit (45mins) Adam/GFS	**6:00am** Pilates (45mins) Daisy/YPS	**8:00am** Circuit (45mins) Mirka/GFS	
9:00am **SGT METCON (45mins)** Lexi/FP	**6.15am** Circuit (45mins) Mirka/GFS	**9:00am** ABT (30 mins) Mirka/GFS	**8:45am** Functional Strength & Balance (45 mins) Elliott/GFS	**8:45am** HIIT (30mins) Rawinia/GFS	**8:15am** Les Mills RPM (45mins) Phil/CS	**9:00am** Zumba (1hr) Celine/GFS
9:15am Pilates (45 mins) Daisy/YPS	**8:45am** ABT (30 mins) Mirka/GFS	**9:00am** Yoga Meditation (75mins) Alisa/YPS	**8:45am AND 9.35am** Pilates (45mins) Sam B/YPS	**9:30am** Les Mills Body Step (1hr) Donna/GFS	**9:00am** Booty Blitz (30mins) Mirka/YPS	**9:00am** Yoga (1hr) Sandra/YPS
9:20am Functional Core (30mins) Adam/GFS	**9:30am** Les Mills Body Attack (1hr) Donna/GFS	**9.45am** Strength Conditioning (45mins) Mirka/GFS	**9:35am** Les Mills Body Pump (1hr) Donna/GFS	**9:30am** ABT (30 mins) Daisy/YPS	**9:30am** Les Mills Body Attack (1hr) Adam/GFS	
9:30am Les Mills RPM (45mins) Nicole/CS	**9:30am AND 10.30am** Pilates (45 mins) Mirka/YPS	**10:30am** Pilates (45 mins) Sam B/YPS	**10:45am** Les Mills Body Balance (1hr) Sarah/YPS	**9:30am** RPM (45mins) Sarah/CS	**9:35am** Pilates (45 mins) Mirka/YPS	
10:30am Yoga (1hr) Brigitte/YPS	**10:35am** Les Mills Body Pump (1hr) Donna/GFS	**11:20am** Dance Fit (55mins) Toula/YPS	**11.00am** Aqua (45mins) **Deb/Pool**	**10:15am** Hot Vinyasa Yoga (1hr) Megan/YPS	**10:30am** Pilates (45mins) Daisy/YPS	
1:15pm Pilates (45mins) Mirka/YPS		**12:15pm** Strength Conditioning (45mins) Sue/GFS	**1:15pm** Pilates (45mins) Mirka/YPS	**10:15am** Aqua (45mins) **Cathy/Pool**	**10:30am** Aqua (45mins) Mirka/Pool	
5:15pm Aqua (45mins) Cathy/Pool		**1.05pm** Pilates (45mins) Ashley/YPS	**4.30pm** **SGT STRENGTH** (45 mins) Peri/FP	**12:15pm** Strength Conditioning (45mins) Sue/GFS	**10:40am** Yoga (1hr) Natalie/GFS	
5:25pm HIIT (30mins) Adam/GFS	**5:00pm** **SGT STRENGTH** (45 mins) Peri/FP	**5:25pm** HIIT Cycle (30mins) Sandy/CS	**5:15pm** Pilates EXPRESS (30mins) Telia/YPS		**3:45pm** Hot Yoga (Intermediate) (1hr) Elliott/YPS	**3:45pm** Hot Yoga (Power) (1hr) Rocket/YPS
6:00pm Functional Core (30mins) Adam/YPS	**5:15pm** Cardio Blast (30 mins) Mary/GFS	**5:25pm** HIIT (30 mins) Nancy/GFS	**5:15pm** Box Circuit (45 mins) Julie/GFS	**5:30pm** Zumba (1hr) Melitta/GFS	**4:00pm** Les Mills Body Pump (1hr) Sandy or Phil S/GFS	**5:00pm** Yin Yoga (1hr) Rocket/YPS
6:00pm Les Mills RPM (45mins) Sandy/CS	**6:00pm** Les Mills RPM (45mins) Donna/CS	**6:00pm** ABT (30 mins) Adam/YPS	**6:00pm** Les Mills RPM (45mins) Phil/CS	**5:30pm** Pilates (45mins) Sam K/YPS		**5:00pm** Les Mills RPM (45mins) Donna/CS
6:00pm Les Mills Body Step (1hr) Donna/GFS	**6:00pm** Les Mills Body Pump (1hr) Phil S/GFS	**6:00pm** Les Mills Body Step (1hr) Donna/GFS	**6:00pm** Vinyasa Yoga (1hr) Jen/YPS			
6:45pm Zumba (1hr) Narelle/YPS	**6:15pm** Pilates (45mins) Jess/YPS	**6:45pm** Hot Yoga (Intermediate) (1hr) Elliott/YPS	**6:05pm** Les Mills Body Pump (1hr) Sandy/GFS			
7:10pm Yoga (1hr) Natalie/GFS	**7:05pm** Les Mills Body Balance (1hr) Nuria or Sarah/GFS	**7:10pm** Les Mills Body Pump (1hr) Phil S/GFS	**7:10pm** Yoga Slow Flow (1hr) Jen/YPS			

GFS = Group Fitness Studio **CS = Cycle Studio** **YPS = Yoga and Pilates Studio** **FP = Functional Pod** **SGT = Small Group Training**

Class Descriptions *(All Classes require booking via our App "Myclub Fitness")*

LesMILLS

Pilates & Hot Pilates	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
Yoga & Yoga Slow Flow	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
Hot Yoga	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.
Yin Yoga	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.
Vinyasa Yoga/ Hot Vinyasa Yoga	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. Students are given a variety of options and modifications 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.
Yoga Meditation	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.
Les Mills RPM HIIT Cycle & Freestyle Cycle	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)
Strength Conditioning	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.
HIIT	**H**igh **I**ntensity **I**nterval **T**raining – a short sharp class that will really make you sweat! Push the intensity and increase cardiovascular fitness in 30 minutes.
Cardio Blast	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.
Box Circuit & Circuit	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.
Les Mills Body Pump	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.
Les Mills Body Balance	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.
Les Mills Body Attack	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.
Les Mills Body Step	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.
ABT (Abs, Butt &Thighs)	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.
Booty Blitz	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!
Functional Core	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!
Aqua	Build your fitness while keeping cool! Using the water for resistance, plus aqua-weights, pool noodles and kickboards, you will burn calories and have fun in this 45 minute, low-impact class.
Zumba & Dance Fit	**Zumba**® 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. **'Dance Fit'** Dance Fit is a high-energy, full-body workout that combines easy-to-follow dance choreography with aerobic conditioning. With Latin vibe tunes, and hi & low impact options, this class caters for all!
Functional Strength & Balance	Designed with functional stability in mind, this dynamic class focuses on building practical strength, core control, and full range of motion. Combines weighted, body-weight, and stability movements for a well-rounded session. Modifications are offered throughout, making this workout suitable for all fitness levels.
***Small Group Training (SGT)** '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! **MAX PARTICIPANTS PER SESSION: STRENGTH 10, METCON 12, PARTNERED METCON 16** ***SGT classes additional charge* (First class free)**