


























MARC Morning Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5.45am	6 SUNRISE YOGA	1 META PWR 2 LESMILLS RPM 45	6 SUNRISE YOGA 1 BOOT CAMP	1 META FIT	6 SUNRISE YOGA 2 LESMILLS RPM 45		
6.00am	1 LESMILLS BODYPUMP				1 LESMILLS 45 BODYPUMP		
7.45am						1 META FIT	
8.00am	1 BOOMERS	1 LESMILLS BODYPUMP	1 BOOMERS	1 LESMILLS BODYPUMP	1 BOOMERS		
8.15am	5 AQUA LITE	5 AQUA FIT 9 MOVEABILITY CIRCUIT	5 AQUA LITE	5 AQUA FIT 8 MOVEABILITY CIRCUIT	5 AQUA LITE	2 LESMILLS RPM 45	
8.30am						7 ZEN YOGA 1 LESMILLS 30 BODYPUMP	
8.45am	2 LESMILLS RPM 30						
9.00am	6 YOGA FOUNDATIONS	6 YOGA		6 YOGA	7 ZEN YOGA	5 AQUA FIT 6 CORE YOGA	1 LESMILLS BODYBALANCE
9.15am	5 AQUA FIT 1 LESMILLS BODYSTEP 1 LESMILLS BODYPUMP	5 AQUA FIT 3 META PWR 1 ZUMBA 2 LESMILLS RPM 30	5 AQUA FIT 1 LESMILLS BODYSTEP	5 AQUA FIT 1 META PWR	5 AQUA FIT 1 LESMILLS BODYSTEP 2 LESMILLS BODYPUMP 2 SPIN 45	1 LESMILLS 45 BODYSTEP 2 BOOTY 30 WORKOUT	
9.30am	2 LESMILLS RPM		2 SPIN 30	2 SPIN 30			
10.15am		2 BOOTY 30 WORKOUT		1 ZUMBA® 2 ABT		7 YOGA ROLLOUT	
10.25am	1 LESMILLS BODYBALANCE 2 ABT	6 YOGA 1 LESMILLS BODYPUMP	1 LESMILLS BODYBALANCE 2 SPIN 30	6 YOGA	7 ZEN YOGA 1 PILATES		
11.30am	1 PILATES	1 HEART FIT	1 CHI FLOW TAI CHI	1 HEART FIT			

MARC Evening Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5.00pm				7  YOGA ROLLOUT			
5.30pm	1  LESMILLS BODYPUMP	2  SPIN 1  LESMILLS BODYSTEP	1  BOOT CAMP 2  BOOTY 30 WORKOUT	1  LESMILLS BODYSTEP LESMILLS BODYPUMP			
6.00pm	7  ZEN YOGA	7  YOGA ROLLOUT	6  HATHA YOGA	6  YOGA	1  YOGA TRILOGY		
6.15pm	5  AQUA FIT		5  AQUA FIT				
6.30pm		1  LESMILLS BODYBALANCE					

MARC OR Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5.45am	 OR STRENGTH				 OR STRENGTH		
6.30am		 COR30		 COR30			
8.30am						 CIRCUIT BLASTOR	
9.00am	 BOHORCISE BYO Gloves		 BOHORCISE BYO Gloves		 OR S.W.I.T.		
9.15am		 META PWR					
6.00pm		 BOHORCISE BYO Gloves					

Locations

1. Studio 1
2. Studio 2
3. Outdoor Gym
4. Gym
5. Pools
6. Yoga Studio
7. Swim Club Rooms
8. Stadium Court 1
9. Showcourt 1

*Please note Yoga Classes are unsuitable for pregnancy

Phone: 9550 3600

