

Studio 1

LES MILLS BODYBALANCE

Yoga, tai chi and pilates workout that helps to build your flexibility and core strength while reducing stress and focusing your mind, to feel calm and serene and to create a lasting sense of wellbeing. Suitable for all fitness levels.

LES MILLS BODYCOMBAT

Mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength, develop coordination, agility and speed. Suitable for all fitness levels.

LES MILLS BODYPUMP

A barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster. Suitable for all fitness levels.

LES MILLS BODYSTEP

An athletic and uplifting step workout that increases your cardio fitness and conditions your whole body, pushing it into high gear to burn calories and build functional strength. Suitable for all fitness levels.

Leschenault Leisure Centre BODY SCULPT

Gives you benefits of both resistance training and HIIT training in one. Using resistance and body weighted exercises to increase fitness, stamina, strength and metabolism while burning fat fast. Suitable for medium to high fitness levels.

Leschenault Leisure Centre PILATES

Help to stabilize and strengthen your core, increase flexibility and maintain good posture. Pilates is a non-impact class that is suitable for all fitness levels.

Leschenault Leisure Centre TABATA

High intensity interval training at it's best! Using body weighted exercises to increase fitness, stamina, strength and metabolism while burning fat fast. Suitable for medium to high fitness levels.

Leschenault Leisure Centre YOGA

Allow your body and mind to fully connect taking you to new found flexibility and strength. 75 min classes include a 15 minute meditation. Relax and take time out of your busy lives. Suitable for all fitness levels.

Oval or basketball courts

Leschenault Leisure Centre BOOTCAMP

Conducted by our qualified personal trainers. Build strength, fitness and confidence through a variety of bootcamp exercise. There's nothing quite as effective as a good ol' fashioned bootcamp workout to make you sweat! Held outside on Oval 3 so bring your hat & sunscreen. Suitable for all fitness levels.

Studio 2 - RPM

LES MILLS RPM

Cardio peak cycle workout that burns calories, shapes and tones leg muscles, improves cardio fitness and stamina. Find your rhythm in the music, set your own resistance level and hit an endorphin high. Suitable for all fitness levels. Included as part of Group Fitness Memberships. Attendees must obtain a pass from reception prior to class.

Gym Floor

Leschenault Leisure Centre LIVING LEGENDS

Specialized program for the over 50's. Become a stronger healthier version of yourself with more vitality and strength. Classes are held under the supervision of a qualified Personal Trainer, you will receive a health assessment and your own tailor made program. Stay and have a cup of tea or coffee on us. Suitable for all fitness levels.

Leschenault Leisure Centre GYM TONIC

Conducted by our qualified personal trainer, perform several exercises targeting different muscle groups with minimal rest in between. The result - a workout that taxes your muscular strength, endurance and your cardiovascular system. Change your body shape and get gym toned fast! Suitable for all fitness levels.

Leschenault Leisure Centre TEEN FIT

Exclusive to teen boys and girls, aged between 12 and 16 years under the supervision of a qualified personal trainer. Develop strength and increase fitness. Teen Fit will build self confidence and a positive body image all in a supportive and friendly environment. For all fitness levels.

Pool

Leschenault Leisure Centre AQUA FIT

Using water as your resistance, Aquafit is a great class for those with injuries. Suitable for any age group and fitness level. Included in Aquatic related memberships only.

Creche

Monday to Friday	8am to 11.30am
Saturday	7.45am to 11am

Note

Classes are subject to change. All class change notifications will be via Facebook.



	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5.50am	LES MILLS BODYSTEP 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYCOMBAT 45'	LES MILLS BODYPUMP 45'	Leschenault Leisure Centre TABATA 45'	8:05am	LES MILLS BODYSTEP 55'	
8am			Leschenault Leisure Centre AQUA FIT 60'	Leschenault Leisure Centre AQUA FIT 60'	Leschenault Leisure Centre AQUA FIT 60'	9:15am	LES MILLS BODYPUMP 55'	
8.05am	Leschenault Leisure Centre GYM TONIC 45'		Leschenault Leisure Centre GYM TONIC 45'	Leschenault Leisure Centre GYM TONIC 45'				
9am	LES MILLS BODYPUMP 45'	Leschenault Leisure Centre TABATA 45'	LES MILLS BODYPUMP 45'	Leschenault Leisure Centre TABATA 45'	LES MILLS BODYCOMBAT 45'			
9.15am	LES MILLS RPM 45'		LES MILLS RPM 45'		LES MILLS RPM 45'			
10am	LES MILLS BODYBALANCE 60'	Leschenault Leisure Centre YOGA 60'	Leschenault Leisure Centre PILATES 60'	LES MILLS BODYBALANCE 60'	Leschenault Leisure Centre YOGA 60'			
11am	Leschenault Leisure Centre LIVING LEGENDS 60'		Leschenault Leisure Centre LIVING LEGENDS 60'		Leschenault Leisure Centre LIVING LEGENDS 60'			
2pm			Leschenault Leisure Centre AQUA FIT 60'		Leschenault Leisure Centre AQUA FIT 60'			
4.50pm	Leschenault Leisure Centre YOGA 60'							
5.15pm	LES MILLS RPM 45'	LES MILLS BODYSTEP 45'	LES MILLS RPM 45'	Leschenault Leisure Centre TABATA 45'				
6pm	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	Leschenault Leisure Centre BODY SCULPT 45'					



LES MILLS

Smart Start

New to exercise? Start with the first 3-4 tracks of a class, each session add another track. Feel successful from the beginning to the end of your workout.

You take control!



Why do it alone? Let the power of the group move you.