

LiveWell Members and Strength for Life

Commencing
16 July 2025

Aqua Aerobics

LiveWell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7am	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *		7am
8am	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *	Hydro Movers *		8am
8.30am						Aqua Fit	8.30am
9am	Aqua Fit	Aqua Fit			Aqua Fit		9am
9.15am			Aqua Fit	Aqua Movers			9.15am
10am	Aqua	Aqua *			Aqua		10am
10.15am				Aqua			10.15am

Group Fitness

LiveWell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am			Yoga					6am
6.30am	Yoga							6.30am
7.15am						Bootcamp *		7.15am
8am	Functional Fit *	Functional Fit *	Cardio Sculpt *	Core Flow	Core Flow			8am
9.15am							Intermediate Pilates	9.15am
10.30am			11.10AM START				Club Power	10.30am
11am		Fitball Sculpt	Empowered					11am
11.30am	Cardio Sculpt *			Cardio Dance *				11.30am
12pm		Chiball	Intermediate Pilates		Gentle Flow			12pm
12.30pm	Healthy Heart	1.10PM START		Healthy Heart				12.30pm
1pm		Intermediate Pilates	Pilates					1pm
4pm				Boxing *				4pm

Cycle Studio

LiveWell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10.30am			Spin #					10.30am
11am		Spin #						11am

Strength for Life

LiveWell

	Monday	Tuesday	Wednesday	Thursday	Friday	
11am	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life	11am

See Reception to scan in for classes. Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.




rockingham.wa.gov.au



Warnbro Community Recreation Centre, Okehampton Road, Warnbro

Group Fitness

LiveWell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.30am			Flow Yoga					7.30am
8.30am	LES MILLS BODYBALANCE			Power *	Circuit #			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing #	Yoga	LES MILLS BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga			9.30am
10am		Flow Yoga	LES MILLS BODYBALANCE *					10am
10.30am	Slow Flow Yoga							10.30am
11am		5.15PM START						11am
5pm	LES MILLS BODYBALANCE	Intermediate Pilates						5pm
5.30pm			Energize *	Circuit #				5.30pm
6pm	Club Power							6pm
6.15pm			LES MILLS BODYBALANCE					6.15pm
7pm	Pilates							7pm

Bookings are essential (online or phone) no more than 72 hours prior and no less than two hours before class start time.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.