

LiveWell Members and Strength for Life

Aqua Aerobics

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
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	8.30am
9am	Aqua Movers	Aqua Fit		Aqua Fit	Aqua Fit		9am
9.15am			Aqua				9.15am
10am	Aqua	Aqua *		Aqua	Aqua		10am

Group Fitness

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6am	Yoga		Yoga					6am
7am					Functional Fit *			7am
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							Club Power	10.30am
11am		Fitball Sculpt	11.10AM START Intermediate Pilates *					11am
11.30am	Cardio Sculpt *			Cardio Dance *				11.30am
12pm		Chiball	Pilates		Gentle Flow			12pm
12.30pm	Healthy Heart			Healthy Heart				12.30pm
1.10pm		Intermediate Pilates						1.10pm
4pm				Boxing *				4pm

Cycle Studio

LiveWell

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

Strength for Life

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
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.

Warnbro Community Recreation Centre, Okehampton Road, Warnbro

Group Fitness

LiveWell

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