

# 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						New Aqua	8.30am
9am	New Aqua Movers	Aqua Fit		New Aqua Fit	Aqua Fit		9am
9.15am			New Aqua				9.15am
10am	Aqua	Aqua *		New Aqua	Aqua		10am

## Group Fitness

LiveWell

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6am	New 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	New Intermediate Pilates *					11am
11.30am	Cardio Sculpt *			Cardio Dance *				11.30am
12pm		Chiball	New 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	<b>LES MILLS</b> <b>BODYBALANCE</b>			Power *	Circuit #			8.30am
8.45am			Freestyle Step					8.45am
9am		Intermediate Pilates		9.15AM START Intermediate Pilates	Boxing #		<b>LES MILLS</b> <b>BODYBALANCE</b>	9am
9.30am	Club Fiesta				Flow Yoga	New 		9.30am
10am		Flow Yoga	<b>LES MILLS</b> <b>BODYBALANCE</b> *					10am
10.30am	Slow Flow Yoga	5.15PM START				Yoga		10.30am
5pm	<b>LES MILLS</b> <b>BODYBALANCE</b>	Intermediate Pilates						5pm
5.30pm			Energize *	Circuit #				5.30pm
6pm	Club Power			Slow Flow Yoga				6pm
6.15pm			<b>LES MILLS</b> <b>BODYBALANCE</b>					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.