

Moree Artesian Aquatic Centre Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 6:00AM - 7:00AM Studio 1</p> <p>LES MILLS RPM 7:15AM - 8:05AM Studio 1</p> <p> 9:30AM - 10:30AM Studio 1</p> <p> 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p> <p> 5:00PM - 5:30PM Studio 1</p> <p>LES MILLS BODYCOMBAT 5:45PM - 6:45PM Studio 1</p>	<p>LES MILLS BODYBALANCE 6:15AM - 7:00AM Studio 1</p> <p>LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1</p> <p> 9:30AM - 10:30AM Studio 1</p> <p>ONDEMAND 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS Sprint 3:00PM - 3:30PM Studio 1</p> <p>LES MILLS GRIT ATHLETIC 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS BODYPUMP 5:30PM - 6:30PM Studio 1</p>	<p>LES MILLS BODYPUMP 6:00AM - 7:00AM Studio 1</p> <p>LES MILLS GRIT STRENGTH 8:00AM - 8:30AM Studio 1</p> <p> 9:30AM - 10:30AM Studio 1</p> <p> 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS BODYBALANCE 5:30PM - 6:30PM Studio 1</p>	<p> 6:00AM - 7:00AM Studio 1</p> <p>LES MILLS THE TRIP 7:15AM - 8:00AM Studio 1</p> <p>LES MILLS BODYCOMBAT 9:30AM - 10:30AM Studio 1</p> <p>ONDEMAND 12:00PM - 1:00PM Studio 1</p> <p> 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS GRIT CARDIO 4:00PM - 4:30PM Studio 1</p> <p>LES MILLS RPM 5:30PM - 6:30PM Studio 1</p>	<p>LES MILLS BODYCOMBAT 6:15AM - 7:15AM Studio 1</p> <p>LES MILLS GRIT STRENGTH 8:00AM - 8:30AM Studio 1</p> <p>LES MILLS BODYPUMP 9:30AM - 10:30AM Studio 1</p> <p>LES MILLS BODYBALANCE 10:40AM - 11:25AM Studio 1</p> <p>ONDEMAND 12:00PM - 1:00PM Studio 1</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS BODYPUMP 4:00PM - 5:00PM Studio 1</p> <p> 5:15PM - 5:45PM Studio 1</p> <p>LES MILLS SH'BAM 5:45PM - 6:30PM Studio 1</p>	<p>LES MILLS BODYPUMP 8:15AM - 9:15AM Studio 1</p> <p>Party Bookings 10:00AM - 12:00PM Studio 1</p> <p>Party Bookings 12:00PM - 2:00PM Studio 1</p> <p>LES MILLS SH'BAM 3:00PM - 3:45PM Studio 1</p> <p>LES MILLS THE TRIP 4:00PM - 4:45PM Studio 1</p> <p>LES MILLS BODYPUMP 5:00PM - 5:45PM Studio 1</p>	<p>LES MILLS RPM 8:15AM - 9:05AM Studio 1</p> <p>Party Bookings 10:00AM - 12:00PM Studio 1</p> <p>Party Bookings 12:00PM - 2:00PM Studio 1</p> <p>LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p> <p>LES MILLS BODYBALANCE 4:15PM - 5:15PM Studio 1</p>

LES MILLS
BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.



Various styles of training inc. Tabata, HIIT, Functional movements, strength and conditioning and core



An exercise class for mums and bubs. All ages and abilities welcome.



all inclusive exercise class for the over 55's

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.



Fun-loving and insanely addictive dance workout. No dance experience required!



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



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