Week commencing Monday 16th November 2026

MONDAY	6.10am	Spin Fit *(45 mins)*	
	6.30am	Pilates *(45 mins)*	
	9.15am	Pilates *(45 mins)*	
	10.30am	Fit 4 Life *(55 mins)*	
	4.15pm	LesMills BodyPump™ *(45 mins)*	
	5.30pm	Yoga *(60 mins)*	
	6.00pm	Spin Fit *(45 mins)*	
TUESDAY	6.10am	FRIENDS 45 *(45 mins)*	
	9.15am	Spin Fit *(45 mins)*	
	10.30am	MIND+ *(45 mins)*	
	5.15pm	MIND *(30 mins)*	
	6.00pm	FRIENDS 45 *(45 mins)*	
	6.30pm	Aqua *(45 mins)*	
WEDNESDAY	6.10am	FRIENDS 45 *(45 mins)*	
	9.15am	FRIENDS 45 *(45 mins)*	
	10.30am	Fit 4 Life *(55 mins)*	
	6.00pm	Spin Fit *(45 mins)*	
	6.15pm	LIFT *(45 mins)*	
THURSDAY	6.10am	Spin Fit *(45 mins)*	
	9.15am	LIFT *(45 mins)*	
	10.30am	MIND+ *(45 mins)*	
	5.15pm	Core *(30 mins)*	
	6.00pm	FRIENDS 45 *(45 mins)*	
	6.30pm	Aqua *(45 mins)*	
FRIDAY	6.10am	FRIENDS 45 *(45 mins)*	
	9.15am	Pilates *(45 mins)*	Spin Fit *(45 mins)*
SATURDAY	8.10am	Aqua *(45 mins)*	Spin Fit *(45 mins)*
	10.15am	LIFT *(45 mins)*	
SUNDAY	9.15am	LIFT *(45 mins)*	
	3.30pm	Gentle Yoga *(75 mins)*	

FRIENDS HEALTH & FITNESS

Timetables are subject to change • Class descriptions on the next page • Timetable varies on Public Holidays

www.friendshealthandfitness.com.au

FRIENDS HEALTH & FITNESS

OUR GROUP FITNESS CLASSES

Innovative circuit style training to build functional strength. This fun and dynamic workout incorporates a wide variety of equipment, including Kb's, boxing, Battle ropes, TRX, weights etc. With no time to think, and 45 zesty minutes to get the heart pumping. This energetic and powerful workout will move your body, challenge your mind and leave you wanting more.

FRIENDS 45

A fast-paced cycling class aimed for you to feel the burn. This cycling class is a non-impact cardio workout that will see you riding, sprinting, climbing and smiling all the way. Burn calories, build strength, and have fun along the way as we ride as a team to enjoy the ultimate workout on 2 wheels.

Spin Fit

A fun, gentle, circuit style class for those wanting a low impact workout. Classes aim at improving participant's mobility, balance and overall health and wellbeing. Improve physical fitness, strength & achieve a better quality of life while focusing on cardio, strength, balance & flexibility.

Fit 4 Life

Fun non-impact workout, supports the body while reducing stress on the joints. The impact of gravity decreases in the water allowing a greater range of motion and reducing strain on the heart by moving blood around the entire body. Splash, float and bounce your way to wellness with this fun water-based workout.

Aqua

A pre-choreographed weights class that burns calories while toning your entire body. Using light to moderate weights using the barbell with lots of repetition. If you enjoy strength and resistance training, then this is the perfect class for you.

LesMILLS BODYPUMP

Focus on strength development bringing the weight gym to group fitness. This dynamic strength workout will keep your muscles challenged and your mind guessing. You choose the load, you choose the intensity, which makes L1FT suitable for everyone, from beginner to athlete.

L1FT

Build your core muscles through a variety of exercises in this 30-minute class.

Core

Mind Body Classes

Join one of these classes to slow down the pace, connect to your body, and release tension

A core-centric class to improve posture, coordination and balance. Pilates incorporates slow controlled movement to strengthen and condition the core while focusing on alignment. Walk away feeling more stable with a greater body awareness.

Pilates

Soften into a practice of wholeness – strengthen the body and restore balance. Release tension and reconnect to your whole self by building confidence in your body's natural ability to be strong, safe, and nurturing as we gently transition from doing to being.

Yoga

A gentler style of yoga practice – exactly as it sounds. This 75-minute class allows for nourishing movement at a slower pace. Drop in and enjoy extended time for slow movement, meditation, yogic breath work, and relaxation.

Gentle Yoga

Build the connection between mind and movement. With a focus on mobility, stability and flexibility. This zero impact class will leave you feeling strong and restored. 30min and M1ND+ 45min versions.

M1ND