



Narrogin Regional Leisure Centre GROUP FITNESS TIMETABLE

**MON 7TH
JANUARY
- SAT 2ND
FEBRUARY**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am		LES MILLS BODYPUMP EXPRESS		ABS INTERVALS EXPRESS		
8.15am						LES MILLS RPM
9.00am	SUPER SENIORS	LIVING LONGER LIVING STRONGER	STRONG SENIORS	LIVING LONGER LIVING STRONGER	SUPER SENIORS	
9.15am				LES MILLS RPM	LES MILLS BODYBALANCE	
5.30pm	AQUAFIT	KONGA	LES MILLS BODYPUMP			
	LES MILLS BODYBALANCE					

Please note: Express classes run for 30 minutes
\$1 Bike hire fee for RPM

**\$13 PER WEEK
FOR UNLIMITED GROUP
FITNESS SESSIONS**
(Terms & Conditions apply)



**CRECHE
OPEN TUES & THURS
9AM - 12PM**