

# 'Land' Group Fitness – Timetable

21/12/20 – 27/12/20 – Christmas Trading



Time	Monday 21/12/20	Tuesday 22/12/20	Wednesday 23/12/20	Thursday 24/12/20	Friday 25/12/20	Time	Saturday 26/12/20		
5.15am	<b>LES MILLS BODYPUMP</b> 45'	<b>LES MILLS BODYCOMBAT</b> 45'	<b>Power Pilates</b> 45' <b>LES MILLS RPM</b> 45'	<b>LES MILLS GRIT</b> STRENGTH 30'	<b>N O  C L A S S E S</b>		<b>N O  C L A S S E S</b>		
6am						7am			
8.15am	<b>LES MILLS CXWORX</b> 30'					8am			
9am	<b>LES MILLS BODYCOMBAT</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	<b>LES MILLS RPM</b> 45' <b>LES MILLS GRIT</b> STRENGTH 30'	<b>LES MILLS BODYPUMP</b> 45'		9am			
10am		<b>Circuit</b> 45'	<b>Step</b> 45'	<b>Barre</b> 45'		10am			
11am	<b>Use It or Lose It</b> 45'	<b>Soft Circuit</b> 45'	<b>Use It or Lose It</b> 45'	<b>Soft Circuit</b> 45'		<b>N O  C L A S S E S</b>		<b>Time</b>	<b>Sunday 27/12/20</b>
	<b>Rehab Pilates</b> 45'		<b>Pilates</b> 45'						
5:00pm	<b>Power Pilates</b> 45'	<b>Dance Fit</b> 45'	<b>LES MILLS BODYPUMP</b> 45'		8am				
6:00pm	<b>LES MILLS GRIT</b> STRENGTH 30'	<b>Bootcamp</b> 45'	<b>LES MILLS BODYATTACK</b> 45'						
7:00pm	<b>Stretch &amp; Strength</b> 55'		<b>Stretch &amp; Strength</b> 55'						

Consulting your physician prior to participating in any group fitness program is highly recommended.  
Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice  
and in line with current government restrictions.

# 'Land' Group Fitness – Timetable

28/12/20 – 3/1/21 – Christmas Trading



Time	Monday 28/12/20	Tuesday 29/12/20	Wednesday 30/12/20	Thursday 31/12/20	Friday 1/1/21	Time	Saturday 2/1/21
5.15am					<b>N O  C L A S S E S</b>		
6am						7am	<b>LES MILLS GRIT</b> CARDIO 30'
8.15am						8am	<b>LES MILLS RPM</b> 45' <b>LES MILLS BODYPUMP</b> 45'
9am		<b>LES MILLS BODYPUMP</b> 45' <b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45' <b>LES MILLS GRIT STRENGTH</b> 30'	<b>LES MILLS BODYPUMP</b> 45'		9am	<b>LES MILLS BODYATTACK</b> 45'
10am	<b>Boxing</b> 45'					10am	<b>Dance Fit</b> 45'
11am	<b>Pilates</b> 45'		<b>Pilates</b> 45'			Time	<b>Sunday 3/1/21</b>
5:00pm		<b>Dance Fit</b> 45'	<b>LES MILLS BODYPUMP</b> 45'			8am	<b>Yoga</b> 55'
6:00pm							
7:00pm							

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**Ph. 3264 9900**

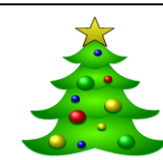
Cnr Old Northern Rd & Explorer Dve. Albany Creek

[www.albanycreeklc.com.au](http://www.albanycreeklc.com.au)

Valid from 21/12/2020

# 'Land' Group Fitness – Timetable

4/1/21 – 10/1/21 – Christmas Trading



Time	Monday 4/1/21	Tuesday 5/1/21	Wednesday 6/1/21	Thursday 7/1/21	Friday 8/1/21	Time	Saturday 9/1/21
5.15am		<b>LES MILLS BODYCOMBAT</b> 45'	<b>Power Pilates</b> 45'	<b>LES MILLS GRIT</b> STRENGTH 30'	<b>LES MILLS RPM</b> 45'		
6am					<b>LES MILLS CXWORX</b> 30'	7am	<b>LES MILLS GRIT</b> CARDIO 30'
8.15am	<b>LES MILLS CXWORX</b> 30'				<b>LES MILLS GRIT</b> CARDIO 30'	8am	<b>LES MILLS RPM</b> 45' <b>LES MILLS BODYPUMP</b> 45'
9am	<b>LES MILLS BODYCOMBAT</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	<b>LES MILLS RPM</b> 45'	<b>LES MILLS BODYPUMP</b> 45'		9am	<b>LES MILLS BODYATTACK</b> 45'
10am				<b>Barre</b> 45'		10am	<b>Dance Fit</b> 45'
11am	<b>Use It or Lose It</b> 45' <b>Pilates</b> 45'		<b>Pilates</b> 45'	<b>Soft Circuit</b> 45'		Time	<b>Sunday 10/1/21</b>
+5:00p m	<b>Power Pilates</b> 45'			<b>Dance Fit</b> 45'		8am	<b>Yoga</b> 55'
6:00pm	<b>LES MILLS GRIT</b> STRENGTH 30'	<b>Bootcamp</b> 45'	<b>LES MILLS BODYATTACK</b> 45'	<b>LES MILLS BODYCOMBAT</b> 45'			
7:00pm	<b>Stretch &amp; Strength</b> 55'		<b>Stretch &amp; Strength</b> 55'				

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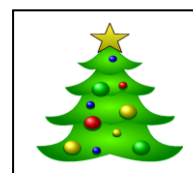
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Valid from 21/12/2020

# 'Land' Group Fitness – Timetable

11/1/21 – 17/1/21 – Christmas Trading



Time	Monday 11/1/21	Tuesday 12/1/21	Wednesday 13/1/21	Thursday 14/1/21	Friday 15/1/21	Time	Saturday 16/1/21
5.15am	<b>LES MILLS BODYPUMP</b> 45'		<b>LES MILLS RPM</b> 45'				
6am						7am	<b>LES MILLS GRIT</b> CARDIO 30'
8.15am						8am	<b>LES MILLS RPM</b> 45' <b>LES MILLS BODYPUMP</b> 45'
9am	<b>LES MILLS BODYCOMBAT</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	<b>LES MILLS GRIT</b> STRENGTH 30'	<b>LES MILLS BODYPUMP</b> 45' <b>LES MILLS RPM</b> 45'	Boxing 45'	9am	<b>LES MILLS BODYATTACK</b> 45'
10am			Step 45'			10am	Dance Fit 45'
11am	Use It or Lose It 45'	Soft Circuit 45'	Pilates 45'		Pilates 45'	Time	Sunday 17/1/21
5:00pm	Power Pilates 45'		<b>LES MILLS BODYPUMP</b> 45'	Dance Fit 45'		8am	Yoga 55'
6:00pm		Bootcamp 45'					
7:00pm	Stretch & Strength 55'		Stretch & Strength 55'				

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