

WEEK ONE MONDAY 23 - SUNDAY 29 DEC

GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP	LES MILLS CXWORX VIRTUAL 30		LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	
7.15AM							LES MILLS BODYPUMP VIRTUAL
8.15AM						LES MILLS BODYPUMP VIRTUAL	
9.00AM						LES MILLS CXWORX VIRTUAL 30	
9.30AM	LES MILLS BODYPUMP	meta PWR 30			CIRCUIT 45		LES MILLS CXWORX 30
10.00AM						LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE
10.15AM		SMALL GROUP SWISS BALL 30					
10.30AM	YOGA						
10.45AM					10.50AM STRETCH AND FLEX		
12.00PM	LES MILLS BODYCOMBAT VIRTUAL 30	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL 30	LES MILLS SH'BAM VIRTUAL 30	LES MILLS BODYCOMBAT VIRTUAL 30		LES MILLS BODYPUMP VIRTUAL 45
12.30PM						LES MILLS SH'BAM VIRTUAL 45	
1.00PM	LES MILLS SH'BAM VIRTUAL 30	LES MILLS BODYBALANCE VIRTUAL 30	LES MILLS BODYCOMBAT VIRTUAL 30	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYBALANCE VIRTUAL 30		LES MILLS BODYBALANCE VIRTUAL
4.00PM	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL	
5.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP VIRTUAL 30				LES MILLS SH'BAM VIRTUAL 45	LES MILLS CXWORX VIRTUAL 30
6.30PM			LES MILLS BODYPUMP VIRTUAL				
7.00PM	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL				LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYPUMP VIRTUAL
8.00PM			LES MILLS SH'BAM VIRTUAL 45	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL 30		

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	RELENTLESS.				RELENTLESS.		
5.30PM	RELENTLESS.				SPARTAN		
6.30PM	PILATES						

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LES MILLS sprint 30				LES MILLS RPM		
7.15AM						LES MILLS RPM VIRTUAL 30	
8.00AM						LES MILLS sprint 30	LES MILLS RPM VIRTUAL
9.30AM	LES MILLS sprint 30	LES MILLS RPM			SPINNING.	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
12.00PM	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
2.15PM					LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30PM	LES MILLS RPM					LES MILLS RPM VIRTUAL 30	LES MILLS RPM VIRTUAL 30
7.00PM	LES MILLS RPM VIRTUAL				LES MILLS RPM VIRTUAL		

AQUA AEROBICS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30AM	AQUA SPLASH						
9.30AM	ABSOLUTE AQUA	AQUA SPLASH					
10.30AM	LITE AQUA	ABSOLUTE AQUA			ABSOLUTE AQUA		

All RPM classes 45min*

KEY 30 indicates 30 mins in class 45 indicates 45 mins in class HIIT Classes Senior Classes (unrestricted on weekends)

WEEK TWO MONDAY 30 DEC - SUNDAY 5 JAN

GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	
7.15AM							LES MILLS BODYPUMP VIRTUAL
8.15AM						LES MILLS BODYPUMP 45	
9.00AM				meta PWR 30		LES MILLS CXWORX 30	
9.30AM	LES MILLS BODYPUMP	meta PWR 30	LES MILLS BODYPUMP VIRTUAL 30		CIRCUIT 45		LES MILLS CXWORX 30
10.00AM						LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE
10.15AM		SMALL GROUP SWISS BALL 30					
10.30AM	YOGA						
10.45AM				tone	10.50AM STRETCH AND FLEX		
12.00PM	LES MILLS BODYCOMBAT VIRTUAL 30	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL 30	LES MILLS SH'BAM VIRTUAL 30	LES MILLS BODYCOMBAT VIRTUAL 30		LES MILLS BODYPUMP VIRTUAL 45
12.30PM						LES MILLS SH'BAM VIRTUAL 45	
1.00PM	LES MILLS SH'BAM VIRTUAL 30	LES MILLS BODYBALANCE VIRTUAL 30	LES MILLS BODYCOMBAT VIRTUAL 30	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYBALANCE VIRTUAL 30		LES MILLS BODYBALANCE VIRTUAL
4.00PM	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS CXWORX VIRTUAL 30	LES MILLS BODYPUMP VIRTUAL	
5.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP VIRTUAL 30		BOXING		LES MILLS SH'BAM VIRTUAL 45	LES MILLS CXWORX VIRTUAL 30
6.30PM			LES MILLS BODYPUMP VIRTUAL				
7.00PM	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL				LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYPUMP VIRTUAL
8.00PM			LES MILLS SH'BAM VIRTUAL 45	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL 30		

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	RELENTLESS.			LES MILLS BODYBALANCE	RELENTLESS.		
5.30PM	RELENTLESS.				SPARTAN		
6.30PM	PILATES						

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LES MILLS sprint 30				LES MILLS RPM		
7.00AM		LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			
7.15AM						LES MILLS RPM VIRTUAL 30	
8.00AM						LES MILLS sprint 30	LES MILLS RPM VIRTUAL
9.30AM	LES MILLS sprint 30	LES MILLS RPM			LES MILLS RPM	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
12.00PM	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
2.15PM					LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30PM	LES MILLS RPM					LES MILLS RPM VIRTUAL 30	LES MILLS RPM VIRTUAL 30
5.45PM				LES MILLS RPM VIRTUAL			
7.00PM	LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL			

AQUA AEROBICS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30AM				ABSOLUTE AQUA	AQUA SPLASH		
10.30AM					ABSOLUTE AQUA		

All RPM classes 45min*

KEY 30 indicates 30 mins in class 45 indicates 45 mins in class HIIT Classes Senior Classes (unrestricted on weekends)

AQUA SPLASH

Get your hair wet! Enjoy a vigorous workout in the water to get your day started.

ABSOLUTE AQUA

Designed with all participants in mind. Use the water resistance to challenge your entire body.

LITE AQUA

Focusing on slow tempo movements, ideal for those just starting out.

BIRTHFIT AQUA

Exercise during pregnancy and enjoy a freedom of movement not available during land-based exercises.

LES MILLS BODYBALANCE

A yoga-based class that will improve your mind, body and life. You'll strengthen your entire body and leave the class feeling calm and centred.

LES MILLS BODYPUMP

Get lean, toned and fit, fast. Burn up to 590 calories using light to moderate weights.

LES MILLS BODYSTEP

A full-body cardio workout to really tone your butt and thighs. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

LES MILLS CXWORX

Core exercise strengthening program based on cutting-edge scientific research. Works your abs, glutes, back and obliques.

LES MILLS RPM

Our indoor cycling class, set to the rhythm of motivating music. Burn up to 620 calories a workout and get fit fast.

LES MILLS SH'BAM

A fun-loving, insanely addictive dance workout SH'BAM™ is an ego-free zone - no dance experience required. All you need is a playful attitude and be ready to smile!

LES MILLS BODYCOMBAT

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master

HIIT HIGH INTENSITY INTERVAL TRAINING

LES MILLS sprint

A HIIT workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

meta PWR

Circuit class that combines resistance and bodyweight exercises to develop strength, power, agility and cardiovascular efficiency. work efforts.

RELENTLESS.

Relentless is a small group based training session where the coach runs a maximum of 8 people through a specifically designed program. The program will include a variety of training techniques such as TRX, bodyweight circuit, functional movement and more.

CIRCUIT 45

Circuit based training offering functional high intensity training in a variety of formats.

SPARTAN

High intensity training incorporating functional and strength/weighted movements. This class is designed to test your limits and prepare you for the endurance and strength needed for a Spartan Race.



SMALL GROUP SWISS BALL

Working on your strength, balance and incorporating cardio into the mix, this fun low impact class is perfect for any fitness level. This class is capped at 15 participants to ensure plenty of room to move and enjoy a more personalized experience with the instructor.

BOXING

Technique driven boxing class incorporating basic combos and progressions to give you the ultimate cardio and strength workout in one. This class is for all fitness levels. All equipment will be provided. Wraps are compulsory for this class and can be purchased at the centre for \$10.

PILATES

Focuses on strengthening the core muscles to assist with posture, balance and movement.

DRU YOGA

A graceful ancient form of yoga, based on soft flowing movements, directed breathing and visualisation. Dru works on body, mind and spirit to rejuvenate your whole being.

STRETCH AND FLEX

Improve your mobility and flexibility while focusing on core and breathing through gentle movement. A great way to unwind, give back to your body through various poses incorporating breathing and overall body recovery.

STRETCH YOGA

A fitness based inspired yoga designed to build strength and flexibility. Suitable for all fitness levels where you can choose different options for stronger or similar poses. It encourages us to let the poses fit our own bodies and to let go of judgment, expectations and competition.

SQUATS AND TOTS

Outdoor circuit training that gives parents the flexibility to bring their little ones along. Children can play in the sandpit and with various play equipment provided while mum or dad get a workout. Parents are responsible for supervising their children during the workouts. This is small group training with a maximum of 10 participants.

YOGA

Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual.


SPINNING

This freestyle ride replicates riding outdoors, on flats and hills, while cycling to your favourite music. Suitable for all fitness levels.

tone

Mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Accommodates all fitness levels.

*Merry
Christmas*



ALBURY WODONGA AQUATIC FACILITIES

Wodonga Sports & Leisure Centre

Hedgerow Court, West Wodonga VIC 3690

📞 02 6058 2555 📧 wslc@alignedleisure.com.au

🌐 www.wodongasportsandleisure.com.au

CHRISTMAS OPENING HOURS

23 Dec 5:30am - 9pm

Xmas Eve 5:30am - 5pm

Xmas Day closed
(24/7 access available)

Boxing Day 10am - 5pm

27 Dec 5:30am - 8pm

28 Dec 7am - 6pm

29 Dec 8am - 6pm

30 Dec 5:30am - 9pm

New Year's Eve 5:30am - 5pm

New Year's Day 10am - 5pm

2 Jan 5:30am - 9pm

3 Jan 5:30am - 8pm

4 Jan 7am - 6pm

5 Jan 8am - 6pm