

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	PBOX (45) Matty	PBOX (45) Robbie	RETRO RIDE (45) Dane	RETRO RIDE (45) Dane	RPM (45) Andrew
	PSC (45) Zoephia	PUMP (45) Andrew	PSC (45) Dylan	PUMP (45) Zoephia	PSC (45) Dylan

9:15am	SPRINT (30) Aub	PUMP (45) Caroline	SHAPES (45) Aub	PUMP (45) Caroline	COMBAT (30) Robbie
		PBOX (45) Mieke	RPM (30) Mieke	KI MAX (45) Dawida	PSC (45) Kanisha
9:50am	SHAPES (30) Anita				PUMP (30) Caroline
10:15am 10:30am	YO (45) Anita	LOW IMPACT BOOTCAMP (45) Anguelle	BALANCE (45) James	LOW IMPACT BOOTCAMP (45) Dawida	YO MOVE (45) Eden 10:30am
		PILATES (45) Jackie		LM PILATES (45) Eden	
12:15pm	RPM (30) Anita				

4:10pm	PBOX (45) Matty	LM PILATES (45) Eden	RPM (30) Anita	PUMP (30) Caroline	RPM (30) Anita
4:45pm	STEP (30) Jackie	RPM (30) Hayley	CORE (30) Anita	SHAPES (30) Aub	PUMP (30) Anita 4:50pm
5:00pm	ELECTRO RIDE (45) Thomas	PSC (45) Dylan		PSC (45) Dylan	
5:20pm	PUMP (30) Caroline	SHAPES (30) Anita	STEP (30) Jackie	RPM (30) Anita	YO STRETCH (30) Anita 5:25pm
			LOWER-B PSC (45) 5:30pm	COMBAT (30) Thomas	
6:00pm	PSC (45) Bec 5:50pm	PBOX (45) Robbie	RPM (45) Robbie	PBOX (45) Matty	
	BALANCE (45) James	YO STRETCH (30) Anita	PUMP (45) Thomas	YO MOVE (30) Eden	

N.B. all classes must be booked (at no cost) via the Pycsam app. Please contact us if you have any issues

LES MILLS
SMART TECH

50 Glen Dhu St, South Launceston 7250
(03) 6343 0622 - admin@pycsam.com.au

	Saturday	Sunday
7:15am	RPM (45) Rachael	
7:30am	PSC (45)	
8:15am	ATTACK (45) Thomas	
8:30am	PSC (45)	PUMP (45) Robbie 8:35am
8:40am		RPM (30) Anita
9:15am	PUMP (60) Andrew	YO STRETCH (30) Anita 9:25am
9:30am		PBOX (45) Robbie
10:30am	BALANCE (45) James	

P Y C S A M
HEALTH & FITNESS

Facility opening hours:

M-Thu: 5:45am-9:00pm

Fri: 5:45am-7:30pm

Sat: 7:00am-5:00pm

Sun: 8:00am-5:00pm

Child minding availability:

M-Thu: 9:00am-1:00pm, 3:15pm-7:00pm

Fri: 9:00am-1:00pm, 3:15pm-6:00pm

Sat: 8:00am-12:00pm

Sun: 8:15am-11:00am

Class Timetable from: 27/4/2026

Category	Programme	Description	Min	Intensity	Results
Cardio	ATTACK	Les Mills BODYATTACK is a high-energy fitness class with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.	45, 30	High	Improves agility, coordination, strength and endurance
Flexibility Core	BALANCE	Les Mills BODYBALANCE is a yoga class for anyone and everyone. It uses a range of movements and motion set to music and will improve your mind, your body and your life.	45	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Strength	LOWER-B PSC	Targets your glutes, hamstrings, quads and calves. Exercises will vary weekly however all will have a strong lower body focus, this class will be sure to bring the burn for days to come!	45	Low to Moderate	Tones & shapes, builds self-confidence
Cardio	COMBAT	Les Mills BODYCOMBAT is a martial arts-inspired full body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.	30	High	Tones & shapes, increases endurance
Flexibility Core	CORE	Designed around the bosu dome, CORE is a functional strength & flexibility full body workout that focuses on strengthening the abdominal & back muscles whilst on an unstable surface.	30	Low to Moderate	Improve core and back strength. Improve stability and balance.
Cardio	ELECTRO RIDE	In ELECTRO RIDE, the workout is hidden amongst the pumping beats of modern and electronic music whilst on a stationary bike.	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Flexibility Core	LM PILATES	Les Mills PILATES is a modern, dynamic workout that builds core strength, improves posture, and enhances flexibility. With controlled movements and breathwork, this low-impact class helps you move better, feel stronger, and reduce injury risk. Suitable for all fitness levels.	45	Low to Moderate	Improves posture. Injury rehabilitation
Strength Core	LOW IMPACT BOOTCAMP	A fantastic way to socialise and improve fitness, focusing on core, back and upper body strength. LOW IMPACT BOOTCAMP workouts are often followed by coffee ☺	45	Low to Moderate	Increased overall strength Tones and tightens
Strength Cardio	PBOX/KI MAX	A fat burning cardio, strength and toning workout using bags to punch your way through boxing sequences, PBOX is done to motivating music. (Gloves are not provided.)	45	Moderate to High	Overall strength & endurance
Flexibility Core	PILATES	PILATES is a gentle and progressive set of exercises that are suitable for all fitness abilities. It has many benefits including increased strength and flexibility.	50	Low to Moderate	Improves posture. Injury rehabilitation
Strength	PSC	Strength & conditioning bootcamp built on functional movements, executed at a relatively high intensity. Motivating & individually challenging, suits all fitness levels.	45	Moderate to High	Increases strength, tones & shapes, maintain bone health
Strength	PUMP	Les Mills BODYPUMP is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories.	60, 45, 30	Moderate to High	Increases strength, tones & shapes, maintain bone health
Cardio	RETRO RIDE	Freestyle cycling class featuring songs from the 80s, 90s & early 00s. RETRO RIDE will make you get your groove on!	45	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	RPM	Les Mills RPM is an indoor cycling class, set to the rhythm of motivational music. It burns a lot of calories and gets you fit.	45, 30	Moderate to High	Improves heart & lung fitness Leg strength & endurance
Cardio	SPRINT	Les Mills SPRINT is a high-intensity interval training (HIIT) workout on a bike. It'll push your limits, torch calories, and build strength faster than ever.	30	High	Improves heart & lung fitness Leg strength & endurance
Cardio	STEP	Les Mills BODYSTEP is a full body cardio workout that gets everyone from new comers to fitness veterans energised. This class will really tone your butt and thighs.	30	Moderate to High	Improves heart and lung fitness, agility & coordination
Flexibility Core	YO	A stretch & flexibility workout based on traditional Mind Body inspired moves incorporating mellow music and relaxation.	45	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Flexibility Core	YO MOVE	Yo Move is a dynamic class connecting breath with movement, building heat, strength and flexibility.	45, 30	Low	Improves joint flexibility & ROM, enhances mental wellbeing
Flexibility	YO STRETCH	YO STRETCH is a Mind Body inspired "athletic-specific" stretching workout. You will feel great after providing release to those muscles you've been working out.	30	Low	Increased flexibility & ROM Calmness of mind