

CLASS DESCRIPTIONS

LES MILLS BODY PUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
LES MILLS BODY BALANCE	Ideal for all fitness levels, <i>Body Balance</i> is a yoga-based class that will help improve your mind, your body and your life
LES MILLS BODY COMBAT	<i>Body Combat</i> is a whole body workout that lets you punch and kick your way towards your fitness goals.
LES MILLS BODY ATTACK	<i>Body Attack</i> is a high-energy fitness class that combines athletic movements including; running, lunging, jumping, push-ups, squats and more
LES MILLS BODY JAM	<i>Body Jam</i> is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.
metafit.	<i>Metafit</i> is a 30min high intensity, interval training based class guaranteed to help you hit your fitness goals
step	Step up, down and around a raised platform in different patterns to boost your heart rate, breathing and muscular strength (not currently running)
HIIT	HIIT workouts combine bursts of intense exercise with short breaks for rapid cardio fitness improvements
PILATES	This class focuses on maintaining optimal alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength
MINDFUL MOVEMENT	Combining the benefits of both Yoga, Pilates, Tai Chi and Qigong, this class is specifically designed to increase your functional movement and spinal alignment
YOGA	Yoga is an ancient art form that helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation
BOXING FOR FITNESS	Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness
BTT CONDITIONING	Looking to target your glutes, legs and abs. Then give this class a go and get ready to feel the burn!
ZUMBA fitness	Is it a dance party? Is it a workout? No... It's Zumba! This original classic will get you burning calories to Latin music and dance moves

OPENING TIMES	HEALTH CLUB	CRECHE
MONDAY- FRIDAY	6am-9pm	Mon, Tue, Thu: 9am -12:00pm Wed, Fri: 8:30am-12:00pm
SATURDAYS & SUNDAYS	8am-6pm	Saturdays: 8am-12:00pm Closed Sundays
PUBLIC HOLIDAYS	9am-6pm	Closed



GROUP FITNESS TIMETABLE

2023 PROGRAM
(Effective from 12 June 2023)



PLEASE NOTE: Classes are subject to change without notice

9208 2400

28 Eighth Ave, Maylands

www.bayswaterrecreation.com.au



Find us on:
facebook.



Group Fitness Timetable

Effective 12 June 2023

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15am	HIIT	LES MILLS BODYPUMP	BTT CONDITIONING	BOXING FOR FITNESS	HIIT		
8:15am						LES MILLS BODYPUMP	LES MILLS BODYATTACK
8:45am			LES MILLS BODYPUMP		step		
9:15am						LES MILLS BODYCOMBAT	YOGA
9:30am	LES MILLS BODYPUMP	step	PILATES	LES MILLS BODYPUMP	ABT		
10:15am						YOGA	LES MILLS BODYCOMBAT
10:30am	YOGA	PILATES	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE		
5:00pm	metafit. HIIT TRAINING		BTT CONDITIONING	BOXING FOR FITNESS			
5:30pm	LES MILLS BODYPUMP	YOGA	LES MILLS BODYPUMP				
5:45pm				YOGA			
6:30pm	LES MILLS BODYCOMBAT	LES MILLS BODYJAM	LES MILLS BODYCOMBAT				
6:45pm				LES MILLS BODYATTACK			
7:30pm	LES MILLS BODYBALANCE	ZUMBA[®] fitness	LES MILLS BODYBALANCE	ZUMBA[®] fitness			