

CLASS DESCRIPTIONS

LES MILLS BODY PUMP

Get lean, build strength and tone muscle with *Body Pump*, a science-backed barbell workout that trains all your major muscle groups.

LES MILLS BODY BALANCE

Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life

LES MILLS BODY COMBAT

Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.

LES MILLS BODY ATTACK

Body Attack is a high-energy fitness class that combines athletic movements including; running, lunging, jumping, push-ups, squats and more

metafit™

Metafit 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.

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

2024 PROGRAM

(Effective from 17 February 2024)



PLEASE NOTE: Classes are subject to change without notice

9208 2400

















28 Eighth Ave, Maylands

www.bayswaterrecreation.com.au



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Group Fitness Timetable Effective 17 February 2024

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
8:30am			 YOGA				
9:00am				metafit. HIIT TRAINING	 step		
9:15am						 YOGA	 YOGA
9:30am	LES MILLS BODYPUMP	 step	LES MILLS BODYPUMP	LES MILLS BODYPUMP			
10:00am					 BTT CONDITIONING		
10:30am	 YOGA	 PILATES	LES MILLS BODYBALANCE	 PILATES	LES MILLS BODYBALANCE		
5:00pm							
5:30pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP				
5:45pm							
6:30pm	metafit. HIIT TRAINING / Core	MINDFUL MOVEMENT 		 YOGA			
6:45pm							
7:30pm			LES MILLS BODYBALANCE	 ZUMBA fitness			