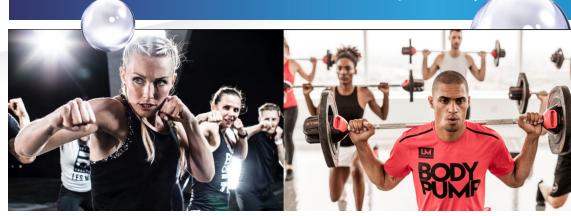
| CLASS DESCRIPTION | S | | | | |
|-------------------------|--|--|--|--|--|
| LesMILLS BODYPUMP | Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups. | | | | |
| Lesmills BODYCOMBAT | Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals. | | | | |
| LesMILLS BODYBALANCE | Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life. | | | | |
| LesMILLS BODYATTACK | Body Attack is a high-energy fitness class that combines athletic movements including; running, lunging, jumping, push-ups, squats and more. | | | | |
| LesMills BODYJAM | Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast. | | | | |
| LesMILLS RPM | Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more. | | | | |
| ZVMBA° | 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. | | | | |
| metafit. | A 30min high intensity, interval training class guaranteed to hit your fitness goals. | | | | |
| ≥step | Step around a raised platform to boost your heart rate, breathing and muscular strength. | | | | |
| PHIIT | HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness. | | | | |
| OSPIN | Similar to Les Mills RPM with unique twists and playlists from our instructors! | | | | |
| YOGA | Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation. | | | | |
| PILATES | This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength. | | | | |
| SAQUA | An all round aquatic workout, great for all levels and works on core stability & resistance. | | | | |
| SILVER SNEAKERS | A great class for older adults, increase your strength, flexibility, bone density and fitness. | | | | |
| AQUANAUTS | For all fitness levels. A perfect for Over 50's to have fun and create new friendships. | | | | |
| MINDFUL MOVEMENT | Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment. | | | | |
| Kardio Killer | This class progresses in difficulty whilst building endurance and cardio conditioning. | | | | |
| Stretch | This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles. | | | | |
| Step/ABT | Combining compound and isolation movement targeting the core, legs and butt area. | | | | |
| Trampoline | A 30 min cardio workout which will stimulate your lymphatic system and improve balance. | | | | |
| Triple 15 | A workout which includes upper and lower body, core and cardio in 3x 15 min sessions. | | | | |
| | | | | | |

GROUP FITNESS TIMETABLE







Opening Hours

| OPENING TIMES | HEALTH CLUB | AQUATICS | CRECHE | |
|------------------------------------|--------------|-----------------|---------------------------------|--|
| MONDAY - FRIDAY | 5:30am - 9pm | 5:30am - 8:30pm | 8:30am - 12noon | |
| SATURDAY, SUNDAY & PUBLIC HOLIDAYS | 7:30am - 6pm | 7:30am - 7pm | 8am - 12noon (Saturday Only) | |



PLEASE NOTE: Classes are subject to change without notice

Phone: 9276 6538

Cnr Broun Ave & Priestley St, Embleton www.bayswaterrecreation.com.au/waves



Bayswater Waves Group Fitness Timetable Effective 17 February 2024 *Class to take place in the Circuit Room

| TIME | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------|-------------------------|----------------------|------------------------|----------------------|-------------------------|-------------------------------------|----------------------------------|
| 6:00am | OSPIN PILATES | Triple 15 | LesMills RPM | LesMILLS BODYPUMP | LESMILLS RPM | | |
| 7:00am | | | AQUANAUTS | | | | |
| 8:00am | SILVER SNEAKERS | | AQUANAUTS | SILVER SNEAKERS | PILATES | ©SPIN LESMILLS BODYPUMP | |
| 8:30am | \$AQUA | | | \$AQUA | AQUANAUTS | | LESMILLS RPM LESMILLS BODYATTACK |
| 9:00am | metafit HIIT TRAINING | | | | Step/ABT | BODYCOMBAT Trampoline* | |
| 9:30am | LesMills BODYPUMP | WHIIT | Lesmills BODYPUMP | ØSPIN ≥ step | | | Lesmills BODYPUMP |
| 10:00am | | | | | LesMILLS BODYBALANCE | Les M ILLS BODYJAM | |
| 10:30am | PILATES | Stretch | Lesmills BODYCOMBAT | MINDFUL MOVEMENT | | | LesMILLS BODYCOMBAT |
| 11:00am | | Special Needs* | | | | YOGA | |
| 5:00pm | metafit HIIT TRAINING | | | YOGA (90 MINS) | | | |
| 5:30pm | LesMills BODYPUMP | TIH | Kardio Killer | | TIH | | |
| 6:00pm | RPM AQUA | | LesMILLS RPM | | | | |
| 6:30pm | Lesmills BODYCOMBAT | BODYJAM YYOGA* | Lesmills BODYCOMBAT | ≥step | \$AQUA | | |
| 7:30pm | Lesmills BODYBALANCE | ZVMBA fitness | | | | | |