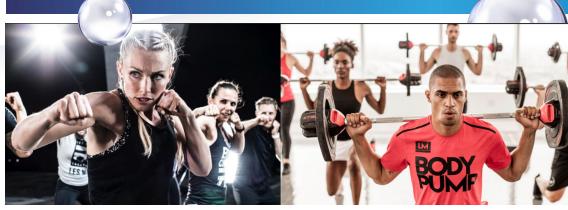
CLASS DESCRIPTION	S
Lesmills BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
Lesmills BODYCOMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
LESMILLS 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.
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.
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GROUP FITNESS TIMETABLE



2024 PROGRAM

(Effective from 17 February 2024)



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	OSPIN LESMILLS BODYPUMP	
8:30am	\$AQUA	SAQUA		\$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	LesMills <mark>BODYJAM</mark>	
10:30am	PILATES	Stretch	Lesmills BODYCOMBAT	MINDFUL MOVEMENT			LESMILLS BODYCOMBAT
11:00am		Special Needs*			Stretch	YOGA	
5:00pm	metafit HIIT TRAINING			YOGA (90 MINS)			
5:30pm	LesMills BODYPUMP	TIH	LesMills BODYPUMP		PHIIT		
6:00pm	RPM AQUA		RPM AQUA				
6:30pm	Lesmills BODYCOMBAT	BODYJAM YYOGA*	LESMILLS BODYCOMBAT	≥step	\$AQUA		
7:30pm	Lesmills BODYBALANCE	ZVMBA fitness					