

## CLASS DESCRIPTIONS

<b>LES MILLS BODY PUMP</b>	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
<b>LES MILLS BODY BALANCE</b>	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life
<b>LES MILLS BODY COMBAT</b>	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
<b>LES MILLS BODY ATTACK</b>	Body Attack is a high-energy fitness class that combines athletic movements including: running, lunging, jumping, push-ups, squats and more
<b>metafit™</b>	Metafit is a 30min high intensity, interval training based class guaranteed to help you hit your fitness goals
<b>step</b>	Step up, down and around a raised platform in different patterns to boost your heart rate, breathing and muscular strength.
<b>HIIT</b>	HIIT workouts combine bursts of intense exercise with short breaks for rapid cardio fitness improvements
<b>PILATES</b>	This class focuses on maintaining optimal alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength
<b>MINDFUL MOVEMENT</b>	Combining the benefits of both Yoga, Pilates, Tai Chi and Qigong, this class is specifically designed to increase your functional movement and spinal alignment
<b>YOGA</b>	Yoga is an ancient art form that helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation
<b>BOXING FOR FITNESS</b>	Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness
<b>BTT CONDITIONING</b>	Looking to target your glutes, legs and abs. Then give this class a go and get ready to feel the burn!
<b>ZUMBA fitness</b>	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
SATURDAYS & SUNDAYS	8am-6pm	Saturdays: 8am-12:00pm
PUBLIC HOLIDAYS	9am-6pm	Closed



# GROUP FITNESS TIMETABLE

**2024 PROGRAM**  
(Effective from 9 May 2024)



**PLEASE NOTE:** Classes are subject to change without notice

**9208 2400**

28 Eighth Ave, Maylands

[www.bayswaterrecreation.com.au](http://www.bayswaterrecreation.com.au)



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# Group Fitness Timetable

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15am	<b>HIIT</b>	<b>LES MILLS BODY PUMP</b>	<b>BTT CONDITIONING</b>	<b>BOXING FOR FITNESS</b>	<b>HIIT</b>		
8:15am						HIIT Circuit/Core	<b>LES MILLS BODY PUMP</b>
8:30am			<b>YOGA</b>				
9:00am				<b>metafit.</b> HIIT TRAINING	<b>step</b>		
9:15am						<b>YOGA</b>	<b>YOGA</b>
9:30am	<b>LES MILLS BODY PUMP</b>	<b>step</b>	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY PUMP</b>			
10:00am					<b>BTT CONDITIONING</b>		
10:30am	<b>YOGA</b>	<b>PILATES</b>	<b>LES MILLS BODY BALANCE</b>	<b>PILATES</b>	<b>LES MILLS BODY BALANCE</b>		
5:00pm							
5:30pm	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY ATTACK</b>	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY ATTACK</b>			
5:45pm							
6:30pm	<b>metafit.</b> HIIT TRAINING / <b>Core</b>	<b>MINDFUL MOVEMENT</b>	<b>YOGA</b>	<b>YOGA</b>			
6:45pm							
7:30pm			<b>LES MILLS BODY BALANCE</b>	<b>ZUMBA</b> fitness			