

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, 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 - Fri: 9:00am - 12:00pm
SATURDAYS & SUNDAYS	8am-6pm	Closed
PUBLIC HOLIDAYS	9am-6pm	Closed



GROUP FITNESS TIMETABLE

2025 PROGRAM



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

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