

CLASS DESCRIPTIONS

LES MILLS 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.
LES MILLS BODYBALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life
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 <i>Mindful Movement will be covered by Yoga in the absence of a MM Instructor.</i>
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		LES MILLS BODYPUMP		Freestyle Pump	Metafit/Core		
8:15am						HIIT Circuit/Core	LES MILLS BODYPUMP
8:30am							
9:00am							
9:15am							
9:30am	LES MILLS BODYPUMP		HIIT/Core	LES MILLS BODYPUMP			
10:00am							
10:30am			LES MILLS BODYBALANCE		LES MILLS BODYBALANCE		
5:00pm							
5:30pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYPUMP			
5:45pm							
6:30pm		MINDFUL MOVEMENT 					
6:45pm							
7:30pm			LES MILLS BODYBALANCE				