

## CLASS DESCRIPTIONS

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|--|--|
|  <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>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. Mindful Movement will be covered by Yoga in the absence of a MM Instructor. |
|  <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 - Fri: 9:00am - 12:00pm |
| SATURDAYS & SUNDAYS | 8am-6pm     | Closed                      |
| PUBLIC HOLIDAYS     | 9am-6pm     | Closed                      |



# GROUP FITNESS TIMETABLE

## 2026 PROGRAM



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> | Freestyle Pump  | Metafit/Core  |   |   |
| 8:15am  |  |   |  |   |   | HIIT Circuit/Core   | <b>LES MILLS BODY PUMP</b>  |
| 8:30am  |  |   |  <b>YOGA</b>             |   |   |   |   |
| 9:00am  |  |   |  |   |   |   |   |
| 9:15am  |  |   |  |   |   |  <b>YOGA</b> |  <b>YOGA</b> |
| 9:30am  | <b>LES MILLS BODY PUMP</b>   |  <b>step</b>               | HIIT/Core  | <b>LES MILLS BODY PUMP</b>  |  <b>step</b> |   |   |
| 10:00am |  |   |  |   |   |   |   |
| 10:30am |  <b>YOGA</b>      |  <b>PILATES</b>            | <b>LES MILLS BODY BALANCE</b>  |  <b>YOGA</b>               | <b>LES MILLS BODY BALANCE</b>   |   |   |
| 5:00pm  |  |   |  |   |   |   |   |
| 5:30pm  | <b>LES MILLS BODY PUMP</b>   |  <b>YOGA</b>             | <b>LES MILLS BODY PUMP</b>   | <b>LES MILLS BODY PUMP</b>  |   |   |   |
| 5:45pm  |  |   |  |   |   |   |   |
| 6:30pm  |  <b>PILATES</b> | <b>MINDFUL MOVEMENT</b>  |  <b>YOGA</b>           |  <b>YOGA</b>             |   |   |   |
| 6:45pm  |  |   |  |   |   |   |   |
| 7:30pm  |  |   | <b>LES MILLS BODY BALANCE</b>  |  <b>ZUMBA</b><br>fitness |   |   |   |