

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am				SILVER SNEAKERS	YOGA	BODYPUMP	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				BODYBALANCE
9:00am				PILATES		BODYBALANCE	
9:15am	YOGA	YOGA					
9:30am		SCULPT	YOGA		BODYPUMP		
10:00am				STRETCH			
10:30am	BOXING	PILATES	DANCE FIT		FOAM ROLLER/ STRETCH		
11:30am	DANCE FIT				DANCE FIT		
AFTERNOON							
5:00pm	HIT	BOXING	BODYPUMP	HIT			
5:30pm		YOGA (90MINS)					
7:00pm	YOGA						

LES MILLS CLASSES

BODYPUMP: Get lean, build strength and tone muscle with Body Pump, a science backed barbel workout that train all your major muscle groups.

BODYBALANCE: Improve flexibility, core strength, and balance through a calming blend of Yoga, Tai Chi, and Pilates. This low-impact, music-inspired class leaves you feeling strong, centred, and refreshed.

CARDIO + BALANCE

STEP: Step around a raised platform to boost your heart rate, breathing and muscular strength.

SCULPT: A moderate intensity freestyle workout that combines cardiovascular training and muscle toning, using a variety of exercises to shape and tighten the whole body.

MOBILITY + FITNESS

STRETCH: This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.

SILVER SNEAKERS: A great class for older adults, increase your strength, flexibility, bone density and fitness.

MIND + BODY

YOGA: Helping you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.

PILATES: This class focuses on maintaining alignment, joint stabilisation, create a balance muscular tone by consciously improving posture, flexibility and developing core strength.

POWER PILATES A dynamic, full-body Pilates workout combining flowing movements with light resistance to build core strength, endurance, and stability. Low-impact yet challenging, it improves posture, balance, coordination, and functional fitness

CARDIO + HIT

HIT: Combining burst of intense exercise with short breaks for rapid cardio fitness.

BOXING: Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness.

DANCE FITNESS: A one hour choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial JFH and more.

*Please note: Classes are subject to change without notice.



Members scan here to book your next class online. Missed out on a class? See what's available at The RISE Maylands and Bayswater Waves.