

GROUP FITNESS TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	HIIT	BODYPUMP	POWER PILATES	FREESTYLE PUMP	METAFIT CORE		
7:15am	YOGA YIN						
8:15am		SILVER SNEAKERS				HIIT	BODYPUMP
8:30am			YOGA VINYASA				
9:15am	BODYPUMP	STEP		BODYPUMP	STEP	YOGA FLOW & RESTORE	YOGA FLOW
9:30am			HIIT				
10:30am	YOGA HATHA SLOW FLOW	PILATES	BODYBALANCE	YOGA FLOW & RESTORE	BODYBALANCE		
AFTERNOON							
5:30pm	SHAPES	YOGA HATHA SLOW FLOW	BODYPUMP	BODYPUMP			
6:30pm	PILATES	MINDFUL MOVEMENT	YOGA HATHA SLOW FLOW	YOGA FLOW & RESTORE			
7:30pm				ZUMBA			



Members scan here to book your next class online.

Missed out on a class? See what's available at Bayswater Waves and Morley Sport and Recreation Centre.

CLASS DESCRIPTION



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.

SHAPES: Build strength, stability, and endurance with this low-impact, full-body workout blending sculpt training, Pilates, and Power Yoga. Controlled movements and energising music deliver maximum results without heavy lifting.

CARDIO + BALANCE

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

CARDIO + HIT

ZUMBA: Dance, sweat, and have fun in this high-energy workout combining Latin and international dance styles with easy-to-follow choreography. Boost fitness, burn calories, and enjoy a party-like atmosphere for all abilities.

METAFIT: A 30 minute high intensity, interval training class guaranteed to hit your fitness goals.

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

MOBILITY + FITNESS

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

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

MIND + BODY

YOGA HATHA SLOW FLOW: Move mindfully through gentle Hatha and Slow Flow sequences designed to improve mobility, flexibility, and balance. Suitable for all experience levels, from beginner to advanced, this class offers options to support seniors, injury recovery, and anyone looking to enhance their overall wellbeing.

YOGA FLOW: Move through a dynamic yoga practice featuring grounding stretches, an energising standing flow, and a relaxing finish. Suitable for all levels, with options provided to support different experience and ability levels.

YOGA FLOW & RESTORE: Enjoy a balanced blend of Hatha, Vinyasa, Yin, and Restorative Yoga to improve flexibility, strength, balance, and mobility. Suitable for beginners to intermediate participants, with modifications for all levels.

YOGA VINYASA: Flow through breath-led movements designed to build strength, balance, flexibility, and mindfulness. Develop safe alignment, improve body awareness, and connect movement with breath in this energising, flowing yoga practice.

YOGA YIN: Slow down, release tension, and restore body and mind with this deeply relaxing class. Combining Yin Yoga and guided meditation, you'll improve flexibility, reduce stress, and leave feeling refreshed and renewed.

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

MINDFUL MOVEMENT: Enhance functional movement, spinal alignment, flexibility, and balance through a gentle blend of Yoga, Pilates, Tai Chi, and Qigong. Move with purpose while improving strength, mobility, and wellbeing.

OPENING HOURS

Opening Times	Health Club	Crèche
Monday – Friday	6am – 9pm	9am – 12pm
Saturday and Sunday	8am – 6pm	Closed
Public Holidays	9am – 6pm	Closed