GROUP FITNESS TIMETABLE

Morley Sport & Recreation Centre

City of Bayswater Recreation

	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		BOXING	BODYPUMP				
5:30pm	HIIT	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

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.

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

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.

CARDIO + HIT

HIIT: 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.

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.