GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SPIN	TRIPLE 15	RPM HIIT	BODYPUMP SPIN	RPM HIIT		
7:00am		AQUA	AQUANAUTS				
8:00am	AQUA	AQUA	AQUANAUTS SILVER SNEAKERS	SILVER SNEAKERS	PILATES		
8:15am	SILVER SNEAKERS					SPIN BODYPUMP TRAMPOLINE	
8:30am				AQUA	AQUANAUTS		RPM BODYATTACK
9:00am				SPIN/ABT	STEP/ABT		
9:15am				STEP		SPIN BODYCOMBAT	
9:30am	BODYPUMP	HIIT	BODYPUMP SPIN			TRAMPOLINE BASICS	BODYPUMP
10:00am					BODYBALANCE		
10:15am						BODYJAM	
10:30am	PILATES	STRETCH	YOGA	MINDFUL MOVEMENT			BODYCOMBAT
11:00am					STRETCH		
11:15am						YOGA	
11:30am		ALL ABILITIES					
5:00pm	METAFIT HIIT TRAINING			RPM			
5:15pm			RPM				
5:30pm	BODYPUMP	HIIT	BODYPUMP		HIIT		
6:00pm	RPM AQUA	YOGA		YOGA			
6:15pm			AQUA SPIN				
6:30pm	BODYCOMBAT	BODYJAM	BODYCOMBAT	HIIT			
7:30pm	BODYBALANCE	ZUMBA	BODYBALANCE				

Members scan here to book your next class online.

Missed out on a class? See what's available at The RISE Maylands and Morley Sport and Recreation Centre.

City of Bayswater Recreation

CLASS DESCRIPTIONS

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. (55mins)

BODYCOMBAT: A whole-body workout that lets you punch and kick your way towards your fitness goals. (55mins)

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. (55mins)

BODYATTACK: A high-energy fitness class that combines athletic movements including running, lunging, jumping, push-ups, squats and more. (55mins)

BODYJAM: An addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast. (55mins)

RPM: Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more. (45-50mins)

MIND + BODY

YOGA: Helping you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation. (55mins)

PILATES: This class focuses on maintaining alignment, joint stabilisation, create a balance muscular tone by consciously improving posture, flexibility and developing core strength. (55mins)

MINDFUL MOVEMENT: Combining yoga, Pilates, tai chi and Qigong. This class increases movement and alignment. (55mins)

AQUATICS

AQUANAUTS: A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels. (45-50mins)

AQUA: An all-round aquatic workout, great for all levels and works on core stability and resistance. (45-50mins)

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

CARDIO + BALANCE

STEP: Step around a raised platform to boost your heart rate, breathing and muscular strength. (55mins)

STEP/ABT: Combining compound and isolation movement targeting the core, legs and glutes. (50mins)

TRAMPOLINE: A 30-minute workout which will stimulate your lymphatic system and improve balance. (30mins)

CARDIO + HIIT

ZUMBA: Is it a dance party? Is it a workout? No... it's Zumba! This original classic will get your burning calories to Latin music and dance moves. (55mins)

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

HIIT: Combining burst of intense exercise with short breaks for rapid cardio fitness. (45mins)

TRIPLE 15: A workout which includes upper and lower body, core and cardio in 3 x 15-minute sessions. (55mins)

SPIN: Similar to Les Mills RPM with unique twists and music playlists from our instructors. (45-50mins)

MOBILITY + FITNESS

STRETCH: This 60-minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles. (55mins)

SILVER SNEAKERS: A great class for older adults, increase your strength, flexibility, bone density and fitness. (45mins)

ALL ABILITIES: An inclusive group fitness program for people with an intellectual disability and their support workers or carers. Participants can stay active, build confidence, and improve their fitness, strength, balance, and coordination through fun, engaging activities in a safe, welcoming, and supportive environment. (45mins)

OPENING HOURS

Opening Times	Health Club	Aquatics	Crèche
Monday – Friday	5:30am – 9pm	5:30am – 9pm	8:30am – 12pm
Saturday, Sunday and Public Holidays	7:30am – 6pm	7:30am – 7pm	8am – 12pm (Saturday Only)

City of Bayswater Recreation