

GROUP FITNESS TIMETABLE

SPIN ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM			VIRTUAL CYCLE		SPIN		
7:00 AM		LES MILLS RPM		LES MILLS RPM			
8:15 AM						LES MILLS RPM	
9:30 AM	LES MILLS RPM		VIRTUAL CYCLE				
10:00 AM							VIRTUAL CYCLE
4:00 PM	VIRTUAL CYCLE	VIRTUAL CYCLE				VIRTUAL CYCLE	VIRTUAL CYCLE
5:30 PM					LES MILLS RPM		
7:00 PM			SPIN				
7:15 PM				SPIN			

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15 AM					AQUA		AQUA
10:30 AM	AQUA						
12:15 PM			AQUA				
7:00 PM	AQUA						
7:30 PM			AQUA				

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
AUSTRALIA DAY	THURSDAY - 26 JAN 2023	10 AM - 4 PM	10:15 AM - PUMP
LABOUR DAY	MONDAY - 13 MAR 2023	10 AM - 4 PM	10:15 AM - PUMP

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	LES MILLS BODYPUMP	ABS, BUTT & THIGHS	LES MILLS BODYPUMP	LES MILLS BODYPUMP			
8:00 AM	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS		
8:15 AM						FX30	LES MILLS BODYATTACK
9:00 AM						LES MILLS BODYATTACK	
9:15 AM							LES MILLS BODYPUMP
9:30 AM	CARDIO BOXING	LES MILLS BODYPUMP	CARDIO BOXING	LES MILLS BODYPUMP	FX30		
10:00 AM						LES MILLS BODYPUMP	
10:15 AM							LES MILLS BODYBALANCE
10:30 AM	LES MILLS BODYBALANCE	FX30	HARDCORE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		
11:00 AM						LES MILLS BODYBALANCE	
5:15 PM	FX30	FX30	FX30	FX30	LES MILLS BODYSTEP		
6:00 PM	LES MILLS BODYSTEP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYATTACK			
6:15 PM			CARDIO BOXING (OUTDOOR)			LES MILLS BODYBALANCE	
6:30 PM				CARDIO BOXING (OUTDOOR)			
7:00 PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			

3 Up to 3 minutes after class starts = Last chance to get a ticket

5 Up to 5 minutes after class starts = Last chance to get in

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED

Due to instructor availability classes are subject to change without notice. For the most up to date timetable please visit our website. View timetable online WWW.BAYFIT.COM.AU

CLASS DESCRIPTIONS

ABS, BUTT & THIGHS	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
AQUA AEROBICS	AQUA AEROBICS will help you achieve a great workout with less stress on the joints. A fun class combining a blend of cardio and resistance training, incorporating equipment such as noodles, kickboards and water weights (45mins).
LES MILLS BODYATTACK	BODY ATTACK Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor (55mins / 45mins).
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
LES MILLS BODYSTEP	BODYSTEP is the energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning system into high gear followed by muscle conditioning tracks that shape and tone your body (55mins / 45mins).
LES MILLS BODYPUMP	BODY PUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Press, Lifts and Curls. Get the results you came for and fast (55mins / express 30mins).
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
FIT AND FABULOUS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
HARDCORE	High intensity core class designed to focus on strengthening defining and sculpting that mid section!
LES MILLS RPM	RPM is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team and coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your inner athlete (45mins).
SPIN	SPIN Is similar to Les Mills RPM, however our instructors have created their own playlist of songs and choreography to give you even more variety (45mins).
 VIRTUAL CLASSES	When you see this icon the class is a virtual class.

Group Fitness Timetable

JAN - MAR 2023

Opening Hours

MON - THU	6.00AM - 9.00PM
FRIDAY	6.00AM - 8.00PM
SAT	8.00AM - 6.00PM
SUN	8.00AM - 4.00PM
PUBLIC HOLIDAYS	10.00AM - 4.00PM