

GROUP FITNESS TIMETABLE

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	LES MILLS BODYCOMBAT		
7:15 AM	VIRTUAL HIIT	DANCE FIT	VIRTUAL YOGA	DANCE FIT	VIRTUAL PILATES		
8:00 AM	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS		
8:15 AM						FX30	
9:00 AM						LES MILLS BODYATTACK	
9:15 AM							LES MILLS BODYPUMP
9:30 AM	CARDIO BOXING	LES MILLS BODYPUMP	FX30	LES MILLS BODYPUMP	FX30		
10:00 AM						LES MILLS BODYPUMP	
10:15 AM							LES MILLS BODYBALANCE
10:30 AM	LES MILLS BODYBALANCE	FX30	PILATES	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		
11:00 AM						LES MILLS BODYBALANCE	
12:00 PM	LES MILLS CORE	LES MILLS BODYCOMBAT	DANCE FIT	VIRTUAL PILATES	VIRTUAL YOGA	LES MILLS CORE	LES MILLS BODYCOMBAT
2:00 PM	LES MILLS BODYCOMBAT	VIRTUAL YOGA	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS CORE	VIRTUAL YOGA	DANCE FIT
4:00 PM	VIRTUAL PILATES		VIRTUAL YOGA	VIRTUAL PILATES	DANCE FIT	LES MILLS BODYCOMBAT	LES MILLS CORE
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					VIRTUAL YOGA		
7:00 PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	VIRTUAL YOGA			
7:15 PM					LES MILLS CORE		
8:00 PM	VIRTUAL YOGA	VIRTUAL PILATES	LES MILLS CORE	LES MILLS BODYCOMBAT			

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

SPIN ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM			VIRTUAL CYCLE		VIRTUAL CYCLE		
7:00 AM		LES MILLS RPM		LES MILLS RPM			
8:15 AM						LES MILLS RPM	
9:30 AM	LES MILLS RPM		VIRTUAL CYCLE		VIRTUAL CYCLE		
10:00 AM				VIRTUAL CYCLE			
10:15 AM							VIRTUAL CYCLE
4:00 PM		VIRTUAL CYCLE					
5:30 PM					LES MILLS RPM	VIRTUAL CYCLE	VIRTUAL CYCLE
6:00 PM	SPIN						
6:15 PM				SPIN			
6:45 PM			LES MILLS RPM				
7:00 PM		VIRTUAL CYCLE					

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15 AM					AQUA		AQUA
10:30 AM	AQUA						
12:15 PM			AQUA				
5:00 PM					AQUA		
7:00 PM	AQUA						
7:15 PM			AQUA				

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
MELBOURNE CUP	TUESDAY - 07 NOV 2023	10 AM - 4 PM	10:30 AM - VIRTUAL PUMP

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

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 a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
LES MILLS BODYBALANCE	Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi & meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm..
LES MILLS BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira & other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories & is suitable for all fitness levels.
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.
LES MILLS CORE	Is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
DANCE FIT	Dance Fitness is a choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!
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!
HIIT	High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest.
PILATES	Tone your body by combining movement & breathing to develop core stability & strength. This class also helps to improve your flexibility & overall energy levels.
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).
YOGA	Combination of gentle movement/poses that will help develop flexibility, range of movement & create balance between your body and mind. Suitable for the elderly participant.
 VIRTUAL CLASSES	When you see this icon the class is a virtual class.

Group Fitness Timetable OCT - DEC 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 HOLIDAY	10.00AM - 4.00PM