

# GROUP FITNESS TIMETABLE

Updated: May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																
6:10am <b>STRONGFIT*</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:10am <b>STRONGFIT*</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:30am <b>META PWR*</b> HART-FIT STUDIO	8:20am <b>BOXING CIRCUIT*</b> GROUP FITNESS STUDIO	8:20am <b>BODY PUMP</b> GROUP FITNESS STUDIO																
9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	6:10am <b>WINTER HIIT*</b> HART-FIT STUDIO	9:15am <b>META PWR*</b> HART-FIT STUDIO	6:10am <b>WINTER HIIT*</b> HART-FIT STUDIO	9:15am <b>FUNCTIONAL FRENZY*</b> HART-FIT STUDIO	8:20am <b>RPM</b> RPM STUDIO																	
9:30am <b>LIFTFIT*</b> HART-FIT STUDIO	9:15am <b>YOGA</b> YOGA STUDIO	10:00am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	9:15am <b>RPM EXPRESS 30</b> RPM STUDIO	8:20am <b>SUSPENSION*</b> HART-FIT STUDIO																	
10:30am <b>ROLLAFLEX</b> GROUP FITNESS STUDIO	9:25am <sup>45</sup> <b>CARDIO CIRCUIT</b> GROUP FITNESS STUDIO	6:00pm <b>YOGA</b> YOGA STUDIO	10:30am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	9:55am <b>CORE EXPRESS 30</b> GROUP FITNESS STUDIO	9:15am <b>SUSPENSION*</b> HART-FIT STUDIO																	
6:00pm <b>BODY BLAST*</b> HART-FIT STUDIO	9:30am <b>SUSPENSION*</b> HART-FIT STUDIO	6:10pm <b>BOXING CIRCUIT*</b> GROUP FITNESS STUDIO	6:00pm <b>BODY BLAST*</b> HART-FIT STUDIO	10:30am <b>BODY BALANCE EXPRESS 45</b> GROUP FITNESS STUDIO	9:25am <b>BODY BALANCE</b> GROUP FITNESS STUDIO																	
6:00pm <b>YOGA</b> YOGA STUDIO	10:15am <sup>45</sup> <b>CORE</b> GROUP FITNESS STUDIO	7:00pm <b>DANCE</b> GROUP FITNESS STUDIO	6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> <h2 style="margin: 0;">LES MILLS</h2> <p style="margin: 0; color: yellow;">FOR A FITTER PLANET</p> <h3 style="margin: 0;">CENTRE OPENING HOURS</h3> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #2e7d32; color: white;">Monday</td> <td style="background-color: #e2efda;">6:00am - 9:00pm</td> <td style="background-color: #2e7d32; color: white;">Saturday</td> <td style="background-color: #e2efda;">8:00am - 2:00pm</td> </tr> <tr> <td style="background-color: #2e7d32; color: white;">Tuesday</td> <td style="background-color: #e2efda;">6:00am - 9:00pm</td> <td style="background-color: #2e7d32; color: white;">Sunday</td> <td style="background-color: #e2efda;">8:00am - 12:00pm</td> </tr> <tr> <td style="background-color: #2e7d32; color: white;">Wednesday</td> <td style="background-color: #e2efda;">6:00am - 9:00pm</td> <td rowspan="3" style="background-color: #2e7d32; color: white; text-align: center; vertical-align: middle;">Select Public Holidays<sup>^</sup></td> <td rowspan="3" style="background-color: #e2efda; text-align: center; vertical-align: middle;">8:00am - 12:00pm<sup>^</sup></td> </tr> <tr> <td style="background-color: #2e7d32; color: white;">Thursday</td> <td style="background-color: #e2efda;">6:00am - 9:00pm</td> </tr> <tr> <td style="background-color: #2e7d32; color: white;">Friday</td> <td style="background-color: #e2efda;">6:00am - 8:00pm</td> </tr> </table> <p style="margin: 5px 0 0 0; color: white;"><sup>^</sup>Closed New Year's Day, Good Friday, Easter Monday, Anzac Day, Christmas Day, Boxing Day</p> </div>			Monday	6:00am - 9:00pm	Saturday	8:00am - 2:00pm	Tuesday	6:00am - 9:00pm	Sunday	8:00am - 12:00pm	Wednesday	6:00am - 9:00pm	Select Public Holidays <sup>^</sup>	8:00am - 12:00pm <sup>^</sup>	Thursday	6:00am - 9:00pm	Friday	6:00am - 8:00pm
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6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO	5:25pm <b>RPM</b> RPM STUDIO		6:45pm <b>RPM</b> RPM STUDIO																			
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\*Platinum, Gym and Group Fitness Members are able to attend this class.



This timetable is subject to change. Scan the QR code for the latest timetable. Visit our Facebook page for any class updates: [CityofKalamundaRecreation](#)

# Health & Fitness Membership Options

DIRECT DEBIT 1 Upfront + 11 Monthly Payments	
Platinum (Group Fitness + Gym)	\$80.00 per month
Platinum (Group Fitness + Gym) - Concession Holders	\$64.00 per month
Group Fitness Only or Gym Only	\$62.50 per month
Group Fitness Only or Gym Only - Concession Holders	\$50.00 per month
12 MONTH MEMBERSHIP 1 Upfront Payment	
Platinum (Group Fitness + Gym)	\$920.00
Platinum (Group Fitness + Gym) - Concession Holders	\$736.00
Group Fitness Only or Gym Only	\$710.00
Group Fitness Only or Gym Only - Concession Holders	\$568.00
CASUAL USE	
Group Fitness Class or Gym Visit	\$18.00
Group Fitness Class or Gym Visit - Concession Holders	\$14.50
10 Class Pass	\$162.00
10 Class Pass - Concession Holders	\$130.50

\* Conditions apply.

## New Seniors Membership Options

We're thrilled to announce some fantastic enhancements to our membership options. Strength for Life and Active Seniors Fitness classes are now included in our memberships, giving over 50s members more ways to stay fit and active. Here's what is included for seniors in each membership type:

**Platinum Membership** - includes access to all Active Seniors group fitness classes and Strength For Life sessions.

**Group Fitness Membership** - includes access to all Active Seniors group fitness classes.

**Gym Membership** - includes access to all Strength For Life sessions.

Visit our website or ask our staff for more information.

\*All continuous direct debit payments will incur a monthly transaction fee

# Class Descriptions

<b>Strong Fit</b>	StrongFit is designed to maximize results and is adaptable to all fitness levels. This class combines 80% strength and 20% cardio for the ultimate full body workout. <b>45 mins   Class Capacity: 12</b>
<b>ABT</b>	This class combines a mix of bodyweight & weight based exercises, targeting the core, legs & glute area. It is designed to be moderate intensity, suitable for all fitness levels. <b>45 mins   Class Capacity: 22</b>
<b>CARDIO CIRCUIT</b>	A vibrant free style functional circuit training workout with a focus on cardio stamina, agility, strength, and speed to boost cardio and endurance. <b>45 mins   Class Capacity: 22</b>
<b>Les Mills BODY BALANCE</b>	A Yoga, Tai Chi & Pilates workout that develops your core strength & flexibility leaving you in a state of inner harmony & balance. <b>55 mins / Express 45 mins   Class Capacity: 22</b>
<b>BODY BLAST</b>	This dynamic training session combines bodyweight and weighted exercises to challenge your whole body. Each workout is adaptable, making it suitable for beginners and advanced athletes. <b>45 mins   Class Capacity: 12</b>
<b>Les Mills BODY PUMP</b>	The original barbell class that strengthens your entire body. Workout all your major muscle groups and get the results you came for, fast! <b>55 min   Class Capacity: 22</b>
<b>BOXING CIRCUIT</b>	Boxing Circuit is an interval based training regime designed around boxing exercises with the emphasis on an extreme cardio workout. Tone and strengthen your body while getting a whole body workout. <b>45 mins   Class Capacity: 20</b>
<b>Les Mills CORE</b>	Core hones in on your abs, glutes and obliques to build a stronger you. <b>45 mins / Express 30 mins   Class Capacity: 22</b>
<b>Les Mills DANCE</b>	A high-energy workout that will reinvent the way you move and sweat! Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres. <b>45 mins   Class Capacity: 22</b>
<b>FUNCTIONAL FRENZY</b>	This time efficient circuit style class is designed to improve your overall strength, mobility, and endurance by focusing on functional exercise. <b>30 mins</b>
<b>META PWR</b>	Metabolic resistance training is one of the best, most intense strategies for building muscle, burning fat and improving overall fitness. <b>30 mins   Class Capacity: 12</b>
<b>ROLLAFLEX</b>	A mood enhancing class, that lengthens your muscles through foam rolling and yoga-inspired stretching. The recovery, flexibility and performance boosting exercises will increase blood circulation and increase range of movement. Essential to any training regime. <b>45 mins   Class Capacity: 12</b>
<b>Les Mills RPM</b>	The indoor cycling workout that takes you through hills, flats and peaks! Ride to heart-pumping music to discover your athlete within. <b>45 mins / Express 30 mins   Class Capacity: 10</b>
<b>SUSPENSION</b>	The suspension trainer assists your muscle strength, core stability, balance & even your coordination. <b>45 mins   Class Capacity: 10</b>
<b>WINTER HIIT</b>	A High Intensity Interval Training that will take your workout to another level. Incorporating body weight, Compound exercise in short, intense bursts to maximise a full body workout. <b>45 mins   Class Capacity: 12</b>
<b>YOGA</b>	This Vinyasa style yoga develops body awareness, strength and flexibility through focused breathing, postures and movements. Suitable for all levels. <b>55 mins   Class Capacity: 15</b>
<b>LIFTFIT</b>	LiftFit is a dedicated strength training class designed to build muscular strength and overall performance. Participants are guided through proper lifting techniques and how to manage load, volume and intensity safely and effectively. <b>45 mins   Class Capacity: 12</b>

Hartfield Park Recreation Centre

# Group Fitness Program

Winter 2026



**Hartfield Park Recreation Centre**  
199 Hale Rd, Forrestfield WA 6058  
T 9359 1700  
E Recreation@kalamunda.wa.gov.au  
kalamunda.wa.gov.au/recreation

