

# GROUP FITNESS TIMETABLE

Updated: March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am <b>3XR*</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:10am <b>3XR*</b> HART-FIT STUDIO	6:10am <b>RPM</b> RPM STUDIO	6:30am <b>META PWR*</b> HART-FIT STUDIO	8:20am <b>BODY ATTACK</b> GROUP FITNESS STUDIO	8:20am <b>BODY PUMP</b> GROUP FITNESS STUDIO
9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	9:15am <b>YOGA</b> YOGA STUDIO	9:10am <b>RPM</b> RPM STUDIO	9:25am <b>BODY PUMP</b> GROUP FITNESS STUDIO	9:15am <b>GRIT STRENGTH</b> GROUP FITNESS STUDIO	8:20am <b>SPIN</b> RPM STUDIO	
9:30am <b>SUSPENSION*</b> GROUP FITNESS STUDIO	9:25am <b>BODY ATTACK 45</b> GROUP FITNESS STUDIO	9:25am <b>GRIT STRENGTH</b> GROUP FITNESS STUDIO	10:30am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	9:30am <b>RPM EXPRESS 30</b> RPM STUDIO	9:15am <b>SUSPENSION**</b> GROUP FITNESS STUDIO	
10:30am <b>BOXING CIRCUIT*</b> GROUP FITNESS STUDIO	10:15am <b>CORE 45</b> GROUP FITNESS STUDIO	10:00am <b>BODY BALANCE EXPRESS 30</b> GROUP FITNESS STUDIO	5:40pm <b>CORE 45</b> GROUP FITNESS STUDIO	9:55am <b>CORE EXPRESS 30</b> GROUP FITNESS STUDIO	9:25am <b>BODY BALANCE</b> GROUP FITNESS STUDIO	
6:00pm <b>BODY BUSTER*</b> HART-FIT STUDIO	5:25pm <b>RPM</b> RPM STUDIO	10:30am <b>BODY PUMP EXPRESS 45</b> GROUP FITNESS STUDIO	6:00pm <b>XFIT*</b> HART-FIT STUDIO	10:30am <b>BODY BALANCE EXPRESS 30</b> GROUP FITNESS STUDIO		
6:00pm <b>YOGA</b> YOGA STUDIO	5:40pm <b>CORE 45</b> GROUP FITNESS STUDIO	6:00pm <b>YOGA</b> YOGA STUDIO	6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO			
6:30pm <b>BODY PUMP</b> GROUP FITNESS STUDIO	6:30pm <b>BODY BALANCE</b> GROUP FITNESS STUDIO	6:10pm <b>BOXING CIRCUIT*</b> GROUP FITNESS STUDIO	6:30pm <b>RPM</b> RPM STUDIO			
		7:00pm <b>SH'BAM</b> GROUP FITNESS STUDIO	7:35pm <b>BODY BALANCE</b> GROUP FITNESS STUDIO			



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

\* Gym & Group Fitness Members

## LES MILLS

FOR A FITTER PLANET

CENTRE OPENING HOURS

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	Public Holidays	8:00am - 12:00pm <sup>^</sup>
Thursday	6:00am - 9:00pm	Anzac Day	12:00pm - 4:00pm
Friday	6:00am - 8:00pm	^Closed Good Friday, Christmas Day, New Year's Day	



“ Your body is your most priceless possession. Take care of it. ”

## Health & Fitness Memberships

DIRECT DEBIT 1 Upfront + 11 Monthly Payments	
Combination (Group Fitness + Gym)	\$74.00
Group Fitness	\$57.00
Gym	\$57.00
12 MONTHS	
Combination (Group Fitness + Gym)	\$845.00
Group Fitness or Gym	\$650.00
CASUAL USE	
Group Fitness	\$16.00
Gym	\$16.50
10 Class Pass	\$144.00
20 Class Pass	\$288.00

\* Concession rates available. Conditions apply.

### 3XR

Fast track your results with this exciting new high intensity full body workout. A dynamic strength, stamina, endurance and core stability circuit class. **45 mins**

### LES MILLS BODYATTACK

A sports-inspired, high-intensity cardio training class that combines athletic aerobic movements with strength & stabilisation exercises. **55 mins / Express 45 mins**

### LES MILLS BODYBALANCE

A Yoga, Tai Chi & Pilates workout that develops your core strength & flexibility leaving you in a state of inner harmony & balance. **55 mins / Express 30 mins**

### BODY BUSTER

Watch your fitness soar in this class by using a mixture of body weight & free weights. You will gain core stability, muscle strength & flexibility during this super-efficient workout. Most of all, it will assist you to burn fat - fast. **45 mins**

### LES MILLS BODYPUMP

The original barbell class that strengthens your entire body. Workout all your major muscle groups and get the results you came for, fast! **60 mins / Express 45 mins**

### BOXING CIRCUIT

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. **45 mins**

### LES MILLS CORE

This 30-minute workout is the perfect way to get a tight toned core. CXWORX hones in on your abs, glutes and obliques to build a stronger you. **45 mins / Express 30 mins**

### LES MILLS GRIT | STRENGTH

A 30-minute high intensity interval training workout combining weight-lifting, running and plyometrics for the ultimate full-body workout. **30 mins**

### meta PWR

Metabolic resistance training is one of the best, most intense strategies for building muscle, burning fat and improving overall fitness. **30 mins**

### LES MILLS RPM

The indoor cycling workout that takes you through hills, flats and peaks! Ride to heart-pumping music to discover your athlete within. **45 mins / Express 30 mins**

### LES MILLS SH'BAM

Using simple but hot dance moves set to hot hits Sh'Bam is an ideal fun, energising and sociable way to shape up and let out your inner star. **55 mins**

### SPIN

A freestyle indoor cycling workout designed to burn fat and build strength. Tackle rolling hills and hardcore sprints while riding to top music. Spin your way to fitness! **45 mins**

### SUSPENSION

Discover a whole new fitness realm with this style of workout! The suspension trainer assists your muscle strength, core stability, balance & even your coordination. **45 mins**

### XFIT

Delivered in a CrossFit style with a combination of aerobic and anaerobic training, this small group training is a strength & conditioning program that will improve your overall fitness. Suitable for all levels. **45 mins**

### YOGA

This Vinyasa style yoga develops body awareness, strength and flexibility through focused breathing, postures and movements. Suitable for all levels. **55 mins**

Hartfield Park Recreation Centre

# Group Fitness Program



Hartfield Park Recreation Centre

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