

GROUP FITNESS TIMETABLE

Updated: June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am 3XR* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:10am 3XR* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:30am META PWR* HART-FIT STUDIO	8:20am BODY ATTACK 45 GROUP FITNESS STUDIO	8:20am BODY PUMP GROUP FITNESS STUDIO
9:25am BODY PUMP GROUP FITNESS STUDIO	9:15am YOGA YOGA STUDIO	9:10am RPM RPM STUDIO	9:25am BODY PUMP GROUP FITNESS STUDIO	9:15am GRIT STRENGTH GROUP FITNESS STUDIO	8:20am SPIN RPM STUDIO	
9:30am SUSPENSION* GROUP FITNESS STUDIO	9:25am BODY ATTACK 45 GROUP FITNESS STUDIO	9:25am GRIT STRENGTH GROUP FITNESS STUDIO	10:30am BODY BALANCE GROUP FITNESS STUDIO	9:30am RPM EXPRESS 30 RPM STUDIO	9:15am SUSPENSION* GROUP FITNESS STUDIO	
10:30am BOXING CIRCUIT* GROUP FITNESS STUDIO	10:15am CORE 45 GROUP FITNESS STUDIO	10:00am BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO	5:30pm XFIT* HART-FIT STUDIO	9:55am CORE EXPRESS 30 GROUP FITNESS STUDIO	9:25am BODY BALANCE GROUP FITNESS STUDIO	
6:00pm BODY BUSTER* HART-FIT STUDIO	5:25pm RPM RPM STUDIO	10:30am BODY PUMP EXPRESS 45 GROUP FITNESS STUDIO	5:40pm CORE 45 GROUP FITNESS STUDIO	10:30am BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO		
6:00pm YOGA YOGA STUDIO	5:40pm ABT GROUP FITNESS STUDIO	6:00pm YOGA YOGA STUDIO	6:30pm BODY PUMP GROUP FITNESS STUDIO			
6:30pm BODY PUMP GROUP FITNESS STUDIO	6:30pm BODY BALANCE GROUP FITNESS STUDIO	6:10pm BOXING CIRCUIT* GROUP FITNESS STUDIO	6:30pm RPM RPM STUDIO			
		7:00pm SH'BAM GROUP FITNESS STUDIO	7:35pm BODY BALANCE 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: [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 [^]
Thursday	6:00am - 9:00pm	Anzac Day	12:00pm - 4:00pm
Friday	6:00am - 8:00pm	12:00pm - 4:00pm	

[^]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)	\$77.50
Group Fitness	\$60.00
Gym	\$60.00
12 MONTHS	
Combination (Group Fitness + Gym)	\$887.00
Group Fitness or Gym	\$682.50
CASUAL USE	
Group Fitness	\$17.50
Gym	\$17.50
10 Class Pass	\$157.50

* 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**

ABT

ABT classes are the ultimate way to tone and sculpt your abs, butt, and thighs. Get ready to sweat and feel the burn as you engage your core, lift your glutes, and shape your thighs. **45 mins**

LES MILLS BODYATTACK

A sports-inspired, high-intensity cardio training class that combines athletic aerobic movements with strength & stabilisation exercises. **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 DWD

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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