

GROUP FITNESS TIMETABLE

Updated: October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:10am STRONGFIT* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:10am STRONGFIT* HART-FIT STUDIO	6:10am RPM RPM STUDIO	6:30am META PWR* HART-FIT STUDIO	8:20am BOXING CIRCUIT* GROUP FITNESS STUDIO	8:20am BODY PUMP GROUP FITNESS STUDIO
9:25am BODY PUMP GROUP FITNESS STUDIO	6:10am SUMMER HIIT* HART-FIT STUDIO	9:15am META PWR* HART-FIT STUDIO	6:10am SUMMER HIIT* HART-FIT STUDIO	9:15am FUNCTIONAL FRIDAY* HART-FIT STUDIO	8:20am RPM RPM STUDIO	
9:30am LIFTFIT* HART-FIT STUDIO	9:15am YOGA YOGA STUDIO	10:00am BODY BALANCE GROUP FITNESS STUDIO	9:25am BODY PUMP GROUP FITNESS STUDIO	9:15am RPM EXPRESS 30 RPM STUDIO	9:15am SUSPENSION* HART-FIT STUDIO	
10:30am ROLLAFLEX GROUP FITNESS STUDIO	9:25am 45 CARDIO CIRCUIT GROUP FITNESS STUDIO	6:00pm YOGA YOGA STUDIO	10:30am BODY BALANCE GROUP FITNESS STUDIO	9:55am CORE EXPRESS 30 GROUP FITNESS STUDIO	9:25am BODY BALANCE GROUP FITNESS STUDIO	
6:00pm BODY BLAST* HART-FIT STUDIO	10:15am 45 CORE GROUP FITNESS STUDIO	6:10pm BOXING CIRCUIT* GROUP FITNESS STUDIO	6:00pm BODY BLAST* HART-FIT STUDIO	10:30am BODY BALANCE EXPRESS 30 GROUP FITNESS STUDIO		
6:00pm YOGA YOGA STUDIO	5:25pm RPM RPM STUDIO	7:00pm DANCE GROUP FITNESS STUDIO	6:30pm BODY PUMP GROUP FITNESS STUDIO			
6:30pm BODY PUMP GROUP FITNESS STUDIO	5:40pm ABT GROUP FITNESS STUDIO		6:45pm RPM RPM STUDIO			
	6:30pm BODY BALANCE GROUP FITNESS STUDIO		7:35pm BODY BALANCE GROUP FITNESS STUDIO			

* 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

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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	Select Public Holidays^	8:00am - 12:00pm^
Thursday	6:00am - 9:00pm		
Friday	6:00am - 8:00pm		

^ Closed New Year's Day, Good Friday, Easter Monday, Anzac Day, Christmas Day, Boxing Day

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

Strong Fit	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. 45 mins
ABT	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. 45 mins
CARDIO CIRCUIT	A vibrant free style functional circuit training workout with a focus on cardio stamina, agility, strength, and speed to boost cardio and endurance. 45 mins
Les Mills BODY BALANCE	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 BLAST	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. 45 mins
Les Mills BODY PUMP	The original barbell class that strengthens your entire body. Workout all your major muscle groups and get the results you came for, fast! 55 mins / Express 30 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	Core hones in on your abs, glutes and obliques to build a stronger you. 45 mins / Express 30 mins
Les Mills DANCE	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. 45 mins
FUNCTIONAL FRIDAY	This time efficient circuit style class is designed to improve your overall strength, mobility, and endurance by focusing on functional exercise. 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
ROLLAFLEX	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. 45 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
SUSPENSION	The suspension trainer assists your muscle strength, core stability, balance & even your coordination. 45 mins
SUMMER HIIT	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. 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
LIFTFIT	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. 45 mins

Hartfield Park Recreation Centre

Group Fitness Program

Summer 2025



Hartfield Park Recreation Centre

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