

GROUP FITNESS TIMETABLE

GROUP FITNESS ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	LES MILLS BODYPUMP			LES MILLS BODYPUMP			
7:00 AM		LES MILLS CORE		LES MILLS CORE			
7:15 AM						LES MILLS CORE	
8:15 AM					LES MILLS BODYPUMP	LES MILLS BODYPUMP	
9:15 AM	STEP		LES MILLS BODYPUMP		STEP	LES MILLS BODYATTACK	
9:30 AM				SUPER CIRCUIT			
10:15 AM	LES MILLS BODYPUMP	PILATES				PILATES	YOGA
10:30 AM			YOGA	YOGA	LES MILLS BODYBALANCE		
11:15 AM	PILATES					ZUMBA	
12:00 PM		FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS			
12:15 PM					FIT AND FABULOUS		
1:00 PM		LES MILLS CORE	DANCE FIT	LES MILLS CORE			VIRTUAL PILATES
1:15 PM					LES MILLS BODYBALANCE		
3:00 PM						LES MILLS BODYCOMBAT	YOGA
4:00 PM	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	VIRTUAL YOGA		
5:00 PM		LES MILLS BODYPUMP					
5:15 PM			CARDIO BOXING				
6:00 PM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP			
6:15 PM					CARDIO BOXING		
7:00 PM	CARDIO BOXING	YOGA	LES MILLS BODYBALANCE	YOGA			
8:00 PM	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS CORE			

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:05 AM						AQUA	
8:00 AM	AQUA		AQUA				
9:00 AM	AQUA		AQUA				
9:30 AM		AQUA					
10:00 AM				AQUA	AQUA		

FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM			KB MAX				
6:00 AM		FX30					
7:30 AM		FX30					
9:15 AM							FX30
9:30 AM	FX30				FX30	KB MAX	
5:30 PM	FX30	STRENGTH TRAINING		FX30	FX30		
6:15 PM				STRENGTH TRAINING			

SPIN ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	VIRTUAL CYCLE	SPIN	SPIN	VIRTUAL CYCLE	SPIN		
8:15 AM						VIRTUAL CYCLE	
8:30 AM							VIRTUAL CYCLE
9:15 AM	SPIN	SPIN	SPIN	SPIN			
9:30 AM					VIRTUAL CYCLE		
10:15 AM	SPIN		SPIN	VIRTUAL CYCLE			
1:00 PM	VIRTUAL CYCLE						
6:00 PM	SPIN	SPIN	SPIN	SPIN	VIRTUAL CYCLE		
7:00 PM	VIRTUAL CYCLE			VIRTUAL CYCLE			

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
MELBOURNE CUP	TUESDAY - 07 NOV 2023	8 AM - 2 PM	9:15 AM - VIRTUAL BODY PUMP 10:15 AM - VIRTUAL BODY ATTACK 10:15 AM - VIRTUAL CYCLE

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

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.WINDYHILL.COM.AU

CLASS DESCRIPTIONS

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 the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor (55mins / 45mins).
LES MILLS BODYBALANCE	BODY BALANCE is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured series of stretches, moves and poses to music creates a holistic workout that brings the body into a state of harmony and balance. Bring your yoga mat and begin the journey (55mins / 45mins / express 30mins).
LES MILLS BODYCOMBAT	BODY COMBAT is inspired by martial arts disciplines from karate and boxing to tae-kwon-do, tai chi and Muay Thai, your session gets you feeling empowered – striking, punching and kicking your way to better fitness. (55mins/45 mins)
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.
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.
KB MAX	A 30 minute full body workout with kettlebells designed to get your heart pumping!
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
DANCE FIT	Dance Fitness is a 1 hour 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!
SPIN	An indoor cycling class set to the rhythm of motivating music.
STEP	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).
STRENGTH TRAINING	Strength training is a type of physical exercise aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of specific machines, barbells and dumbbells or body weight.
SUPER CIRCUIT	Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
YOGA	YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.
 ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.
 VIRTUAL CLASSES	When you see this icon the class is a virtual class.

Group Fitness Timetable

OCT - DEC 2023

Opening Hours

MON - SUN (Gym Only)

MON - FRI

SATURDAY

SUNDAY

PUBLIC HOLIDAY

24/7

5:00AM - 9:00PM

7:00AM - 4:00PM

7:00AM - 4:00PM

8:00AM - 2:00PM