

GROUP FITNESS TIMETABLE

MAIN STUDIO							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM				LES MILLS BODYPUMP			
8:30 AM							LES MILLS BODYCOMBAT
9:30 AM		FUNCTIONAL TRAINING	LES MILLS BODYPUMP		LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:30 AM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		LES MILLS BODYBALANCE	CARDIO BOXING	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE
12:00 PM			LES MILLS BODYBALANCE		PILATES		
5:30 PM	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	ZUMBA fitness	LES MILLS BODYCOMBAT		
6:30 PM	LES MILLS BODYPUMP	YOGA	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			

FUNCTIONAL TRAINING							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	FX30	FX30	KB MAX	FX30			
07:15 AM						FX30	
07:45 AM							FX30
9:00 AM				FX30		HARDCORE	
10:00 AM							KB MAX
11:00 AM	SILVER SNEAKERS	SILVER SNEAKERS		SILVER SNEAKERS			
12:00 PM					SILVER SNEAKERS		
5:00 PM	FX30		FX30				
5:30 PM		FX30		FX30			
5:45 PM	FX30		FX30				

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		AQUA					
8:00 AM						AQUA	
9:00 AM	AQUA		AQUA	AQUA			AQUA
10:00 AM	AQUA	AQUA		AQUA	AQUA		
6:00 PM			AQUA				

SPIN ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM		
7:30 AM							LES MILLS RPM
8:30 AM						LES MILLS RPM	
5:30 PM				LES MILLS RPM			
5:45 PM		LES MILLS RPM					

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
GOOD FRIDAY	FRIDAY - 07 APR 2023	CLOSED	NO CLASSES
EASTER SATURDAY	SATURDAY - 08 APR 2023	7 AM - 5 PM	10:15 AM - HARDCORE 10:30 AM - BODY PUMP 11 AM - AQUA 11:30 AM - BODY BALANCE 12 PM - FX30
EASTER SUNDAY	SUNDAY - 09 APR 2023	10 AM - 4 PM	10:15 AM - FX30 10:30 AM - BODY PUMP 11 AM - AQUA 11:30 AM - BODY BALANCE
EASTER MONDAY	MONDAY - 10 APR 2023	10 AM - 4 PM	10:15 AM - FX30 10:30 AM - BODY ATTACK 11 AM - AQUA 11:30 AM - BODY BALANCE
ANZAC DAY	TUESDAY - 25 APR 2023	12 PM - 4 PM	NO CLASSES
WA DAY	MONDAY - 5 JUN 2023	10 AM - 4 PM	10:15 AM - FX30 10:30 AM - BODY PUMP 11 AM - AQUA 11:30 AM - BODY BALANCE

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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.BELMONTASIS.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 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. (55mins / 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)
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
FUNCTIONAL TRAINING	Functional training is a form of exercise that conditions our body through strength, agility and stability movements.
FX30	30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
HARDCORE	High intensity core class designed to focus on strengthening defining and sculpting that mid section!
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.
POWER BAR	Power bar is a full body workout targeting all major muscle groups. It's a combination of cardio and resistance and so works on your core stability and posture.
LES MILLS RPM	RPM is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team and coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your inner athlete (45mins).
SILVER SNEAKERS	A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
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.

Group Fitness Timetable

APR – JUN 2023

Opening Hours

MON – THU
FRIDAY
SAT – SUN

5.00AM – 9.00PM
5.00AM – 8.00PM
7.00AM – 5.00PM