

GROUP FITNESS TIMETABLE

MAIN GROUP FITNESS ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM					PURSUIT	LES MILLS BODYPUMP	
9:30 AM	SPIN	SUPER CIRCUIT	LES MILLS BODYPUMP	SPIN	TABATA		PURSUIT
10:00 AM						DANCE FIT	
10:15 AM	ABT	LES MILLS BODYBALANCE	PILATES	CARDIO BOXING	HARDCORE		
10:45 AM					LES MILLS BODYBALANCE		
5:00 PM				SUPER CIRCUIT			
5:30 PM	PURSUIT		PURSUIT		YOGA		
6:00 PM		LES MILLS BODYPUMP	LES MILLS BODYPUMP	ZUMBA fitness			
6:30 PM	ZUMBA fitness						
6:45 PM			LES MILLS BODYBALANCE				
7:00 PM		YOGA					

POOL							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM	AQUA				AQUA		
10:00 AM	AQUA		AQUA		AQUA		
11:00 AM	AQUA		AQUA				
7:30 PM	AQUA			AQUA			

FUNCTIONAL ROOM							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	FX30	FX30		FX30	FX30		
8:30 AM						FX30	
9:00 AM	FX30		FX30				FX30
10:00 AM				FIT & FABULOUS			
5:30 PM		FX30					
6:00 PM	FX30						

UPCOMING PUBLIC HOLIDAYS			
DAY	DATE	OPENING HOURS	CLASS
GOOD FRIDAY	FRIDAY - 07 APR 2023	CLOSED	NO CLASSES
EASTER SATURDAY	SATURDAY - 08 APR 2023	8 AM - 6 PM	NO CLASSES
EASTER SUNDAY	SUNDAY - 09 APR 2023	8 AM - 6 PM	9:30 AM - FX30 10:00 AM - PURSUIT
EASTER MONDAY	MONDAY - 10 APR 2023	8 AM - 6 PM	9:30 AM - FX30 10:00 AM - AQUA
ANZAC DAY	TUESDAY - 25 APR 2023	12 PM - 6 PM	NO CLASSES
KING'S BIRTHDAY	TUESDAY - 12 JUN 2023	8 AM - 6 PM	9:00 AM - FX30 9:30 AM - PURSUIT

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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.MELTONWAVES.COM.AU

CLASS DESCRIPTIONS

ABS, BUTT & THIGHS	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
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. 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. Get the results you came for and fast (55mins / express 30mins).
CARDIO BOXING	Cardio based workout using body weight only to increase your heart rate and fitness in a fun environment.
DANCE FITNESS	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!
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.
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.
PURSUIT	30 minutes of HIIT (High Intensity Interval Training) on a bike. Intense bursts of energy for sprints and climbs with rests in between that prepare you for the next effort. A short and intense class that will burn calories for hours.
SPIN	An indoor cycling class set to the rhythm of motivating music.
SUPER CIRCUIT	Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
TABATA	Tabata consists of short, intense periods of aerobic exercises & less intense recovery periods. Scientifically proven to burn fat faster and dramatically increase fitness level.
YOGA	Combination of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind. Suitable for the elderly participant.
 ZUMBA fitness	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system.

Group Fitness Timetable

APR – JUN 2023

Opening Hours

MON – FRI 5.00AM – 9.00PM
SAT – SUN 8.00AM – 6.00PM

Upcoming Public Holidays

Good Friday – Fri 7 Apr 2023 Closed
Easter Saturday – Sat 8 Apr 2023 8:00AM – 6:00PM
Easter Sunday – Sun 9 Apr 2023 8:00AM – 6:00PM
Easter Monday – Mon 10 Apr 2023 8:00AM – 6:00PM
Anzac Day – Tue 25 Apr 2023 12:00PM – 6:00PM
King's Birthday – Tue 12 Jun 2023 8:00AM – 6:00PM

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