CLASS DESCRIPTIONS

AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.
LesMills BODYATTACK	BODY ATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. The class combines athletic movements like running, lunging and jumping with strength exercises.
LesMills 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
LesMills BODYCOMBAT	Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira and other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories and is suitable for all fitness levels.
LesMills BODYPUMP	Pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Definitely suitable for all ages and fitness levels.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
LesMills 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.
DANCEFIT	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.
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.
PWRX	A 30 minute power workout aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of barbells and dumbbells.
SPIN	An indoor cycling class set to the rhythm of motivating music.
STEP	A step workout with a muscle conditioning segment to help you activate both your cardiovascular system and strength. Burn fat, tones muscle and always includes an awesome core finisher!
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.

windy hill fitness centre

Proudly owned by ESSENDON

Proudly managed by BLUEfit

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

windy hill fitness centre

windyhill.com.au

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	LesMills BODYPUMP			LesMills BODYPUMP	PILATES		
7:00 AM		LesMills CORE		LesMills CORE			
7:15 AM						LesMills CORE	
8:15 AM					LesMills BODYPUMP	LesMills BODYPUMP	
9:15 AM	LesMills BODYPUMP		LesMills BODYPUMP		STEP	LesMills BODYATTACK	
9:30 AM				SUPER CIRCUIT			
10:00 AM							YOGA
10:15 AM	STEP	PILATES				PILATES	
10:30 AM			YOGA	YOGA	LesMills BODYBALANCE		
11:15 AM		LesMills BODYBALANCE				ZUMBA fitness	YOGA
11:30 AM	PILATES						
12:00 PM		FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS		
1:00 PM	LesMills BODYBALANCE	LesMills CORE		LesMills CORE	LesMills BODYBALANCE	YOGA	PILATES
1:15 PM							
3:00 PM						LesMills BODYCOMBAT	
4:00 PM	LesMills BODYATTACK	LesMills BODYCOMBAT	LesMills BODYATTACK	LesMills BODYCOMBAT	LesMills BODYPUMP		
5:00 PM		LesMills BODYPUMP	YOGA				
6:00 PM	LesMills BODYPUMP	LesMills BODYATTACK	LesMills BODYPUMP	LesMills BODYPUMP			
6:15 PM			LesMills CORE				
7:00 PM	PILATES	YOGA	LesMills BODYBALANCE	YOGA			
8:00 PM			ZUMBA fitness				
8:15 PM	LesMills BODYATTACK	LesMills BODYPUMP	LesMills BODYCOMBAT				

POOL

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

Check out our Virtual Reformer classes today!

Access reformer at anytime.
Scan the QR Code to find out more.

FUNCTIONAL TRAINING

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM		FX30		FX30			
6:15 AM			KB MAX		FX30		
7:30 AM		FX30					
8:30 AM						KB MAX	PWR
9:15 AM							FX30
9:30 AM	FX30	PWR			FX30	KB MAX	
10:00 AM					CARDIO BOXING	FX30	FX30
12:30 PM	FX30						
5:15 PM			CARDIO BOXING				
5:30 PM	FX30	PWR		FX30	FX30		
6:15 PM	FX30			PWR	PWR		
7:00 PM	CARDIO BOXING						

SPIN ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	SPIN	SPIN	SPIN	SPIN	SPIN		
8:15 AM						SPIN	
8:30 AM							SPIN
9:15 AM	SPIN	SPIN	SPIN	SPIN			
9:30 AM					SPIN		
10:15 AM				SPIN			
1:00 PM	SPIN						
5:00 PM	SPIN						
6:00 PM	SPIN	SPIN	SPIN	SPIN	SPIN		
7:00 PM	SPIN			SPIN			

UPCOMING PUBLIC HOLIDAY

DAY	DATE	FACILITY HOURS*	CLASS
MELBOURNE CUP	TUES - 03 NOV 2026	8 AM - 2 PM	9:15 AM - VIRTUAL PUMP 10:15 AM - VIRTUAL ATTACK

***HEALTH CLUB IS OPEN 24/7**

Up to 3 minutes after class starts
Last chance to get a ticket.

Entry 5 minutes after the class starts is NOT PERMITTED.

Keep up to date with the latest timetable!

Scan the code to view the most up to date version of the timetable. Members can also book into our classes up to 7 days in advance via the BlueFit Health Club app. Due to instructor availability classes are subject to change without notice. For the most up to date timetable and opening hours please visit our website: **windyhill.com.au/timetable**