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.
LesMills BODYSTEP	Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.
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.
HIIT	High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest.
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.
LesMills 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 .
SPIN	An indoor cycling class set to the rhythm of motivating music.
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.
VIRTUAL CLASSES	When you see this icon the class is a virtual class.

BAYFIT
Leisure Centre

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HOBSONS BAY CITY COUNCIL

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BLUEfit

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

BAYFIT
Leisure Centre

bayfit.com.au

GROUP FITNESS ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM	LesMills BODYPUMP	LesMills BODYCOMBAT	LesMills BODYSTEP	LesMills BODYPUMP	PILATES		
7:15 AM		LesMills BODYATTACK	LesMills BODYCOMBAT	DANCE FIT	LesMills BODYCOMBAT		
7:30 AM	FIT AND FABULOUS						
8:00 AM		FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS		
8:15 AM						FX30	FX30
8:30 AM	FIT AND FABULOUS						
9:00 AM						LesMills BODYATTACK	
9:15 AM							LesMills BODYPUMP
9:30 AM	CARDIO BOXING	LesMills BODYPUMP	FX30	LesMills BODYPUMP	FX30		
10:00 AM						LesMills BODYPUMP	
10:15 AM							LesMills BODYBALANCE
10:30 AM	LesMills BODYBALANCE	YOGA	PILATES	LesMills BODYBALANCE	LesMills BODYBALANCE		
11:00 AM						LesMills BODYBALANCE	
12:00 PM	LesMills CORE	LesMills BODYCOMBAT	DANCE FIT	LesMills BODYCOMBAT	YOGA	LesMills CORE	LesMills BODYCOMBAT
1:00 PM						FIT AND FABULOUS	FIT AND FABULOUS
2:00 PM	LesMills BODYCOMBAT	PILATES	LesMills CORE	YOGA	LesMills CORE	YOGA	DANCE FIT
4:00 PM	PILATES		FIT AND FABULOUS	PILATES	DANCE FIT	LesMills BODYCOMBAT	LesMills CORE
5:15 PM	FX30	FX30	FX30	FX30			
6:00 PM	LesMills BODYSTEP	LesMills BODYATTACK	LesMills BODYPUMP	LesMills BODYATTACK			
6:30 PM					YOGA		
7:00 PM	LesMills BODYPUMP	LesMills BODYPUMP	LesMills BODYBALANCE	LesMills BODYBALANCE			
7:15 PM					LesMills CORE		
8:00 PM	LesMills BODYCOMBAT	PILATES	LesMills CORE	LesMills BODYCOMBAT			

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: **bayfit.com.au/timetable**

SPIN ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM			SPIN		SPIN		
7:00 AM		LesMills RPM		LesMills RPM			
8:15 AM						LesMills RPM	
9:30 AM	LesMills RPM		SPIN		SPIN		
10:00 AM				SPIN			
10:15 AM							SPIN
4:00 PM		SPIN					
5:30 PM					LesMills RPM	SPIN	SPIN
6:00 PM	SPIN		SPIN	SPIN			
7:00 PM		SPIN					

POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:15 AM					AQUA		AQUA
10:30 AM	AQUA		AQUA				
5:15 PM					AQUA		
7:00 PM	AQUA		AQUA				

UPCOMING PUBLIC HOLIDAY		
DAY	**DATE**	**CLASS**
MELBOURNE CUP	TUESDAY - 03 NOV 2026	10:15 AM - BODYPUMP 11:15 AM - BODYBALANCE

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