

## CLASS DESCRIPTIONS

|                              |                                                                                                                                                                                                                                                                                   |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AQUA</b>                  | A great interval workout for anyone using minimum impact to develop strength and fitness. Burn and unbelievable amount of calories.                                                                                                                                               |
| <b>LES MILLS BODYATTACK</b>  | 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.                                                                           |
| <b>LES MILLS BODYBALANCE</b> | 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                                                                                                        |
| <b>LES MILLS BODYCOMBAT</b>  | 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.    |
| <b>LES MILLS BODYPUMP</b>    | 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.                                                         |
| <b>CARDIO BOXING</b>         | High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.                                                                                                          |
| <b>LES MILLS CORE</b>        | 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.                               |
| <b>DANCEFIT</b>              | 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! |
| <b>FIT AND FABULOUS</b>      | A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones.                                                                                                                                |
| <b>FX30</b>                  | 30mins of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.                                                                                                                                                                        |
| <b>LES MILLS GRIT</b>        | 30-minute, high-intensity interval training workouts designed to boost athletic performance, build strength, and improve cardiovascular fitness.                                                                                                                                  |
| <b>HARDCORE</b>              | High intensity core class designed to focus on strengthening defining and sculpting that mid section.                                                                                                                                                                             |
| <b>PURSUIT</b>               | 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.                                         |
| <b>PWRX</b>                  | 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.                                                                                            |
| <b>SPIN</b>                  | An indoor cycling class set to the rhythm of motivating music.                                                                                                                                                                                                                    |
| <b>SUPER CIRCUIT</b>         | Functional stationed based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.                                                                                                                                                                  |
| <b>YOGA</b>                  | YOGA is a combinations of gentle movements/poses that will help develop flexibility, range of movement and create balance between your body and mind.                                                                                                                             |
| <b>ZUMBA fitness</b>         | 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.  |
| <b>VIRTUAL CLASSES</b>       | When you see this icon the class is a virtual class.                                                                                                                                                                                                                              |

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# GROUP FITNESS JUL - SEP 2026 TIMETABLE



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view our opening hours.

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FITNESS ROOM

| TIME     | MON                | TUE                   | WED                   | THU                   | FRI                   | SAT                  | SUN                  |
|----------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|----------------------|
| 6:00 AM  | LES MILLS BODYPUMP |                       | LES MILLS GRIT        |                       |                       |                      |                      |
| 9:00 AM  |                    | HARDCORE              |                       | HARDCORE              | PURSUIT               | LES MILLS BODYPUMP   |                      |
| 9:30 AM  | SPIN               | SUPER CIRCUIT         | LES MILLS BODYPUMP    | SPIN                  | LES MILLS BODYCOMBAT  |                      | LES MILLS BODYCOMBAT |
| 10:00 AM |                    |                       |                       |                       |                       | DANCEFIT             |                      |
| 10:20 AM | LES MILLS BODYPUMP | LES MILLS BODYBALANCE | YOGA                  | CARDIO BOXING         | LES MILLS BODYBALANCE |                      |                      |
| 11:00 AM |                    |                       |                       |                       |                       | LES MILLS BODYATTACK |                      |
| 11:15 AM | LES MILLS GRIT     | YOGA                  | DANCEFIT              | LES MILLS BODYBALANCE |                       |                      |                      |
| 5:00 PM  | LES MILLS CORE     |                       | LES MILLS CORE        |                       | LES MILLS CORE        |                      |                      |
| 5:30 PM  |                    |                       | PURSUIT               |                       |                       |                      |                      |
| 6:00 PM  | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT  | LES MILLS BODYPUMP    | LES MILLS GRIT        | SUPER CIRCUIT         |                      |                      |
| 6:45 PM  |                    |                       |                       |                       |                       |                      |                      |
| 7:00 PM  | YOGA               | DANCEFIT              | LES MILLS BODYBALANCE |                       |                       |                      |                      |

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 | AQUA |      |     |     |
| 7:35 PM  |      | AQUA |      | AQUA |      |     |     |

FUNCTIONAL ROOM

| TIME     | MON  | TUE  | WED  | THU              | FRI  | SAT | SUN  |
|----------|------|------|------|------------------|------|-----|------|
| 6:15 AM  |      | FX30 |      | FX30             | FX30 |     |      |
| 9:00 AM  | FX30 |      | FX30 |                  |      |     | FX30 |
| 10:00 AM |      |      |      | FIT AND FABULOUS |      |     |      |
| 5:30 PM  | FX30 | FX30 |      | FX30             |      |     |      |

| UPCOMING PUBLIC HOLIDAY       |                       |                 |                                                                                     |
|-------------------------------|-----------------------|-----------------|-------------------------------------------------------------------------------------|
| DAY                           | DATE                  | FACILITY HOURS* | CLASS                                                                               |
| FRIDAY BEFORE AFL GRAND FINAL | FRIDAY - 25 SEPT 2026 | 8 AM - 6 PM     | 9 AM - VIRTUAL GRIT<br>9:30 AM - VIRTUAL BODYPUMP<br>10:30 AM - VIRTUAL BODYBALANCE |

\*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: [meltonwaves.com.au/timetable](https://www.meltonwaves.com.au/timetable)