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.
LesMills GRIT	30-minute, high-intensity interval training workouts designed to boost athletic performance, build strength, and improve cardiovascular fitness.
HARDCORE	High intensity core class designed to focus on strengthening defining and sculpting that mid section.
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.
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.
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.

MeltonWaves

Proudly owned by CITY OF MELTON

Proudly managed by BLUEfit

GROUP FITNESS TIMETABLE

OCT - DEC 2026



Scan the QR code to view our opening hours.

MeltonWaves

meltonwaves.com.au

FITNESS ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	LesMills BODYPUMP		LesMills GRIT				
9:00 AM		HARDCORE		HARDCORE	PURSUIT	LesMills BODYPUMP	
9:30 AM	SPIN	SUPER CIRCUIT	LesMills BODYPUMP	SPIN	LesMills BODYCOMBAT		LesMills BODYCOMBAT
10:00 AM						DANCEFIT	YOGA
10:20 AM	LesMills BODYPUMP	LesMills BODYBALANCE	YOGA	CARDIO BOXING	LesMills BODYBALANCE		
11:00 AM						LesMills BODYATTACK	
11:15 AM	LesMills GRIT	YOGA		LesMills BODYBALANCE			
6:00 PM	LesMills BODYPUMP	SUPER CIRCUIT	LesMills BODYPUMP	SUPER CIRCUIT			
7:00 PM	YOGA		LesMills BODYBALANCE	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	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			
11:15 AM			FIT AND FABULOUS				
5:30 PM	FX30	FX30		FX30			
6:30 PM			FX30				

UPCOMING PUBLIC HOLIDAY

DAY	DATE	FACILITY HOURS*	CLASS
MELBOURNE CUP	TUESDAY - 03 NOV 2026	8 AM - 6 PM	8:30 AM - VIRTUAL BODYATTACK 9:30 AM - VIRTUAL BODYPUMP 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**