

Bay of Isles Leisure Centre Group Fitness Schedule



Effective from 21st July 2026

Patrons are required to clean their own equipment

Bay of Isles Leisure Centre Group Fitness Schedule

Gym and Studio Rooms							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am	Spin	Body Blitz	Spin	LesMills BodyPump	Spin		
6:00am	HIIT Upper		HIIT Lower		Freaky Friday's		
7:15am						LesMills BodyPump	
8:00am					M Swing		
8:30am						Pilates	
9:15am	Spin	Power Pilates	Body Blitz	HIIT	Spin		
9:15am					NinjaTots 18mth-4yrs		
10:00am							
10:15am	Slow Flow Yoga		Slow Mobility		Pilates		
4:30pm							
5:00pm							
5:30pm		Spin	Power Circuit	Les Mills Shapes	Class Duration (Minutes)		
5:30pm	Les Mills RPM	HIIT		Les Mills RPM	30	45	60
Aquatic Area							
	Mon	Tues	Wed	Thurs	Fri	Opening Hours Monday to Thursday 5:50am to 8pm Friday 5:50am to 6.30pm Saturday 7am to 4pm Sunday/Public Holidays 9am to 4pm	
6:00am							
9:15am	Aqua Fit						
5:15pm		SwimFit					
6.15pm			Aqua Fit				

No leeway for lateness



Class	Description
AquaFit	A low impact class in the water, helping support the body and provide resistance to increase your strength and improve your health. Classes are perfect for people wanting to increase fitness without too much impact on the body.
Body Blitz	Challenge your entire body with Body Blitz, a dynamic workout that combines resistance training and endurance exercises. Sculpt, strengthen, and tone every major muscle group in an efficient, high-energy session designed to boost endurance, build muscle, and burn calories.
Freaky Friday's	A workout inspired to get you ready for anything Friday throws at you! This workout is a lucky dip, but think high energy, functional training, with a strong element of core stability work. This class is run in many different formats, including partner workouts, team challenges, and individual efforts, and could be EMOM, AMRAP, or Tabata based. Come along ready to get FREAKY.
HIIT	A fast-paced, interval workout designed to boost fitness and burn calories. Using simple, controlled movements in short bursts of effort, this HIIT class improves strength, endurance, and overall conditioning, all in a fun, efficient format.
Les Mills Body Pump	Is the original barbell class that strengthens and tones the body. This workout challenges all major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Pumping music, awesome Instructors and the fastest way to lose body fat and shape up
Les Mills RPM	This low-impact workout is based of cardio peak training. Expect a journey of flat rides, hill climbs and Intense sprints. The energizing soundtrack will help you keep pace with the pack.
Les Mills Shapes	An invigorating blend of Pilates, Sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.
M Swing	A low-impact strength session designed to build functional fitness through controlled, joint-friendly movements. You'll strengthen major muscle groups, improve balance and mobility, and support better posture and everyday movement. Suitable for all levels, this class delivers a steady challenge without high impact—helping you feel stronger, more stable, and confident in your body.
Ninja Tots	Ninja tots isn't just a gymnastics class for toddlers (18mth - 4yrs) it's more than that. It teaches tots to balance, tumble and coordinate through mazes and obstacles whilst using interactive activities that keep them engaged and connected while moving and grooving to the sound of the beat.
Pilates	Pilates is based on the principal teachings of "Joseph Pilates", the creator and founder of Pilates. His philosophy of continually improving physical and mental health through movement is the foundation of this class and the benefits have no boundaries
Power Pilates	Power Pilates is a full-body, dynamic style of Pilates that builds on traditional principles while incorporating weights, resistance bands to elevate strength, endurance, and cardiovascular challenge. It maintains the classic Pilates emphasis on control, breath, precision, and core stability, but delivers it with a more energetic, conditioning-focused approach.
Power Circuit	45 minutes of 2-4 rounds of various weighted and cardio stations with an added core inspired moment between rounds. This class is tailored for all levels of fitness and ability which will challenge and inspire you to get the most out of your workout.
Slow flow Yoga	Slow flow yoga combines the rhythm of traditional yoga with a slower pace, enhancing mindfulness and relaxation with longer holds in each pose. Slow flow yoga is a low-impact yoga workout excellent for beginners and those seeking stress relief.
Slow Mobility	Unwind and restore. Using foam rollers and stability balls, this gentle class focuses on deep myofascial release and targeted stability work to improve joint health, flexibility, and core alignment.
Spin	A dynamic indoor cycling workout which takes you through an energy charged cardiovascular fitness, muscle strength and endurance. Classes include a variety of sprints and hill climbs with motivating music. If it is a calorie burn you seek, then this is the class for you.
SwimFit	A one-hour fitness program for confident swimmers focusing on building strength, speed, and cardiovascular endurance. Coached by a qualified instructor and follow a new weekly program to keep workouts challenging varied, and effective.

Class Etiquette

- Register at reception prior to each fitness class, for faster registration use the bar code through the turnstile if pre booked through Envibe.
- Participants must be 12 years of age and over
- Bring a towel and water bottle
- Loose comfortable clothing – No jeans
- Spin associated classes are limited, please book to avoid disappointment
- New participants are required to attend the class at least 10 minutes prior to the start of the class
- Check with your Doctor before starting any fitness classes
- Tell your Instructor if you are pregnant, have any injuries or medical conditions before the class
- Timetables are subject to change and positions in classes cannot be guaranteed