

Bay of Isles Leisure Centre Group Fitness Schedule



Effective from 5th May 2025

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		Spin	LesMills BodyPump	Spin		
7:15am						LesMills BodyPump	
8:00am							
8:45am						Pilates	
9:15am	Spin	LesMills BodyPump	Body Blitz	Zumba	Spin		
9:15am	Glute Sculpt				NinjaTots 18mth-4yrs		
10:00am							
10:15am	Pilates		Slow Flow Yoga		Yoga		
10:30am							
3:30pm	Teen Warrior	Mama Flow Yoga					
3:45pm							
4:30pm			Express Step				
4:45pm	BoxFIT			Express Spin			
5:00pm		Body Blitz			Class Duration (Minutes)		
5:30pm	Zumba	Spin	Power Circuit		30	45	60
Aquatic Area							
	Mon	Tues	Wed	Thurs	Fri	Opening Hours	
6:00am						Monday to Thursday 5:50am to 8pm	
9:15am	Aqua Fit					Friday 5:50am to 6:30pm	
5:00pm						Saturday 7am to 4pm	
6:15pm			Aqua Fit			Sunday/Public Holidays 9am to 4pm	

No leeway for lateness



Class	Description
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.
LesMills BodyPump	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.
BoxFIT	BoxFIT gives you an excellent cardio workout that will improve your strength, aerobic levels and coordination while lowering stress levels and blood pressure.
LesMills BodyCombat	Body Combat is a high energy, non-contact fitness class that combines taekwondo, kung fu and other martial arts. A great workout to tone your whole body and feel empowered in your workout.
Zumba	A lively, energetic workout that combines dance and aerobic elements set to upbeat music, typically featuring Latin and international rhythms. A vibrant mix of fitness, dance, and fun.
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.
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.
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.
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.
Glute Sculpt	Glute Sculpt is a focused weighted workout designed to lift, shape, and tone your glutes. Target key muscles with precise exercises to achieve a firmer, more defined lower body. Perfect for all fitness levels.
Yoga	Yoga is an ancient practise that can benefit your mind, body, and soul. It can help to reduce stress, improve your breathing, and enhance your wellbeing. The balanced blend of simple but strong movements will awaken and strengthen the entire body.
Express Step	An engaging, motivating great cardio workout, this step class will get the heart pumping as well as tone and strengthen the legs, arms and core.
Teen Warrior	This 8-week program, designed specifically for 12-17-year olds, offers 1 session per week aimed at enhancing overall athletic performance. With a focus on building strength, endurance, and agility, the program incorporates elements of resistance training, boxing, and cardio. It is the ideal pre-season training plan to help young athletes prepare for the demands of any sport.
Mama Flow Yoga	Through gentle movement, mindful breathwork, and grounding meditation, you'll find space to slow down, tune in, and build strength from the inside out. Whether you're in your first trimester or nearing birth, this class offers a beautiful opportunity to honour your body, connect with your baby, and find community with other mamas-to-be.
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.

Class Etiquette

- Register at reception prior to each fitness class
- 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