

Get the most of your membership. You're more likely to turn up and train harder and longer in a group. With over 55 classes per week including functional and cardio, spin, yoga and Pilates classes - there is something for everyone and everybody.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	<b>SPIN</b> 6.00-6.45am Fiona VEL	<b>Fit45</b> 6.00-6.45am Edwin FUN	<b>SPIN</b> 6.00-6.45am Kathryn VEL	<b>Fit45</b> 6.15-7.00am Nick FUN	<b>BODY PUMP</b> 6:00-7:00am Emma P BOD	<b>YOGA: GAIA</b> 6-7am <b>Virtual</b> BOD	<b>BODY BALANCE</b> 6-7am <b>Virtual</b> BOD
	<b>BODY COMBAT</b> 6-7am <b>Virtual</b> BOD	<b>PILATES: MAT</b> 9.30-10.30am Alessandra BOD	<b>SPIN</b> 8.45 -9.30am Karen VEL	<b>SPIN</b> 6.15-7.00am Brian VEL	<b>SPIN</b> 8.45-9:30am Richard VEL	<b>Fit45</b> 8.15-9.00am Emma F FUN	<b>SPIN</b> 9.00-10.00am Emma F VEL
	<b>SPIN</b> 8.45-9.30am Jane VEL	<b>ABS ONLY</b> 9.30-10.00am Jane FUN	<b>YOGA: B.E.N</b> 9.30-10.30am Ben BOD	<b>SPIN</b> 8:30 -9:15am Brian VEL	<b>HOT YOGA: B.E.N</b> 🔥 9:30-10:30am Ben BOD	<b>PILATES: POWER</b> 8.30-9.30am Cat BOD	<b>PILATES: BARRE</b> 9.00-10.00am Caroline BOD
	<b>HOT YOGA: VINYASA</b> 🔥 9:30-10:30am Eliza BOD	<b>STEP 30</b> 10.00-10.30am Jane FUN	<b>Fit45</b> 9.30-10.15am Alessandra FUN	<b>YOGA: YIN</b> 9.30-10.30am Larissa BOD	<b>Fit45</b> 9.30-10.15am Richard FUN	<b>Fit45</b> 9.00-9.45am Emma F FUN	<b>BODYPUMP</b> 10.00-11.00am Tomas FUN
	<b>Fit45</b> 9.30-10.15am Jane FUN	<b>BOOTCAMP</b> 10.30-11.30am Ross FUN	<b>MEDITATION</b> 10.30-11.00am Ben BOD	<b>FITBALL - PROPS</b> 9.30-10.30am Alessandra FUN		<b>SPIN</b> 9.00-9.45am Kathryn VEL	
				<b>BAILA</b> 10.30-11.30pm Suzie BOD		<b>YOGA: B.E.N</b> 9.30-10.30am Ben BOD	
						<b>BODYPUMP</b> 10.00-11.00am Emma P FUN	
						<b>ZUMBA</b> 10.30-11.30am Morella BOD	
Evening	<b>Fit45</b> 5.00-5.45pm Richard FUN	<b>Fit45</b> 5.45-6.30pm Emma F FUN	<b>Fit45</b> 5.45-6.30pm Nick FUN	<b>Fit45</b> 6.00-6.45pm Edwin FUN			<b>YOGA: HATHA</b> 4.30-5.30pm Jessica BOD
	<b>BODYPUMP</b> 6.00-7.00pm Emma P FUN	<b>SPIN</b> 6.15-7.00pm Saraid VEL	<b>SPIN</b> 5.45-6.30pm Richard VEL	<b>SPIN</b> 6.15-7.00pm Emma F VEL			
	<b>SPIN</b> 6.15-7.00pm Kathryn VEL	<b>Fit45: HIRT</b> 6.30-7.15pm Nick FUN	<b>HOT YOGA: VINYASA</b> 🔥 6.30-7.30pm Larissa BOD	<b>ZUMBA</b> 6.30-7.30pm Helen BOD			
	<b>YOGA: VINYASA</b> 6.30-7.30pm Rachel BOD	<b>HOT YOGA: EMPOWERMENT</b> 🔥 6.30-7.30pm Anna Kim BOD	<b>FIGHT 45</b> 6.30-7.30pm Morgan FUN	<b>YOGA: B.E.N</b> 7.30-8.30pm Ben BOD			
	<b>ABT</b> 7.00-7.45pm Nick FUN	<b>PILATES: MAT</b> 7.30-8.30pm Cat BOD	<b>Fit45</b> 7.30-8.15pm Alessandra FUN				
	<b>BAILA</b> 7.30-8.30pm Daniel BOD						
Night	<b>JILLIAN MICHAELS</b> 9.45pm <b>Virtual</b> BOD	<b>BODY PUMP</b> 9.45pm <b>Virtual</b> BOD	<b>BODY BALANCE</b> 9.45pm <b>Virtual</b> BOD	<b>JILLIAN MICHAELS</b> 9.45pm <b>Virtual</b> BOD	<b>YOGA: GAIA</b> 9.45pm <b>Virtual</b> BOD	<b>JILLIAN MICHAELS</b> 9.45pm <b>Virtual</b> BOD	<b>BODY PUMP</b> 9.45pm <b>Virtual</b> BOD

**PLEASE NOTE:**

- **BOD** = Body Retreat studio; **FUN** = Function Centre studio; **VEL** = Velodrome studio
- Please arrive 5 minutes before the class begins and bring a towel and water bottle. No entry to classes after warm-up to ensure safety
- Virtual Classes are also available on-demand in the Body Retreat outside class times
- A red flag next to a class means it has been flagged for review and may be removed or amended if participation does not pick-up
- Please let the instructor know if you're pregnant, injured or new

**Stay up to date**

For the most up-to-date class info check out our website or download our timetable app



**Contact Us**

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Ph: 8419 8256  
[www.recreationmalvern.com.au](http://www.recreationmalvern.com.au)

**Opening Hours**

We're open 24/7 (access pass required)  
**Staffed Hours:**  
Mon-Thu 8am-8pm; Fri 8am-5pm; Sat & Sun 8am-12:30pm

### **FUN – Function Studio**

**ABS ONLY** | Functional & Cardio | 30min

Great for toning your abs and improving core strength. Includes counterbalancing back exercises.

**ABT (ABS, BUTTS & THIGHS)** | Functional & Cardio | 45min

Great for toning and strengthening your lower body and core. Exercises and structure vary each week to keep it interesting.

**BODYPUMP** | Functional & Cardio | 55min

World famous barbell workout to music from LesMills. Will tone and shape your entire body without adding bulky muscles. Burn calories, increase core strength and improve bone health.

**BOOTCAMP** | Functional & Cardio | 60min

Exercises to challenge all muscle groups and the cardiovascular and anaerobic systems. With and without equipment, the class moves at a pace to keep you engaged and working hard.

**FiGHT45** | Functional & Cardio | 60min

Get visible results fast with 60 minutes of non-contact boxing and mixed martial arts fitness training. Improve muscle tone and cardio fitness while de-stressing. Popular with men and women.

**FiT45** | Functional & Cardio | 45min

A 45-minute fusion of functional, circuit, and high intensity interval training designed to build lean muscle, burn fat and increase your mobility and cardio fitness. Fun, energetic, with lots of variety.

**FiT45: H.I.R.T** | Functional & Cardio | 45min

A variant of FiT45 delivering similar benefits but emphasising High Intensity Resistance Training for greater strength and toning. Functional and compound exercises set to intervals.

**FITBALL: PROPS** | Functional & Cardio | 60min

A full body workout with fit balls, Thera bands, med balls and dumbbells using techniques to tone and strengthen your whole body.

**STEP 30** | Functional & Cardio | 30min

Cardio training featuring easy to follow step combinations that are also great for the legs and butt. Suitable for all fitness and experience levels.

### **VEL – Velodrome Studio**

**SPIN** | Spin | 45 or 60min

A low impact, high intensity workout providing all the fitness benefits of cycling but allowing you to work harder and faster with energising beats. Each class is a little different. Suitable for all.

### **BOD – Body Retreat Studio**

**BAILA** | Functional & Cardio | 60min

Latin American flavours – feels more like a party than working out! Tailored to suit beginners and advanced dancers.

**MEDITATION** | Mind Body | 30mins

A guided 20-minute meditation finished with 10 minutes of deep relaxation. A great way to end your workout. Suitable for all.

**PILATES BARRE FUSION** | Mind Body | 60mins

Pilates class including use of props (light hand weights, Thera bands, small balls) and a standard Ballet Barre. Lengthen, strengthen and improve posture. Suitable for all.

**PILATES: MAT and MAT 30** | Mind Body | 60 or 30mins

A popular conditioning method to improve core strength and co-ordination strengthening the core. Incorporated with correct breathing techniques and other principles. Suitable for all.

**PILATES: POWER** | Mind Body | 60mins

A Pilates Mat class with an emphasis on props (fit balls, small balls, light hand weights, and Thera Bands) and intensity.

**YOGA: EMPOWERMENT** | Mind Body | 60mins

With similarities to Hatha this class is a great one for those new to Yoga, and wanting to understand the fundamentals before moving to more challenging styles. It is still also suitable for those that are yoga experienced.

**YOGA: B.E.N (Be Empowered Naturally)** | Mind Body | 60mins

A fusion of Yoga styles, natural healing and spirituality. The class utilises Yoga postures, breathing techniques, sound, music, colour & light therapies. A unique and very popular class.

**YOGA: HATHA** | Mind Body | 60mins

challenged and empowered as well as become more balanced of heart, mind and body. Traditional yoga suitable for all levels.

**YOGA: VINYASA** | Mind Body | 60mins

Vinyasa yoga features postures that are aligned and linked to the breath so that movement occurs with each inhalation and exhalation. There is a dynamic flow from pose to pose.

**ZUMBA** | Functional & Cardio | 60mins

Zumba takes the "work" out of workout. Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise.

### **VIRTUAL CLASSES (scheduled and on-demand)**

**BODYBALANCE** | Mind Body | 30 or 55mins | Virtual

Combining yoga, Tai Chi and Pilates-based movements set to music, it will improve your mind and your body. From LesMills.

**BODYCOMBAT** | Functional & Cardio | 30 or 55mins | Virtual

A high energy martial arts-inspired non-contact workout. Learn how to punch, kick and strike your way to superior fitness and strength. From LesMills.

**CX WORKZ** | Functional & Cardio | 30mins | Virtual

Learn how to activate the muscles that create optimal core control, the vital ingredient for a stronger body, while chiselling your waist line. From LesMills.

**JILLIAN MICHAELS** | Functional & Cardio | Various | Virtual

Lots of variety, intensity and motivation from one of the world's top trainers.

**SH'BAM** | Functional & Cardio | Various | Virtual

A seriously addictive, guided dance workout set to a party playlist. Suitable for all. From Les Mills.

**YOGA: GAIA** | Mind Body | Various | Virtual

Wide variety of styles including Gentle, Kundalini, Yoga for Belly, Butts & Thighs, and Cardio Yoga.