

## BODY COMBAT

A high-energy, non-contact martial arts workout. Punch and kick your way to fitness with moves from Karate, Taekwondo, Boxing, and more. Burn calories, release stress, and feel empowered.

## BODY PUMP

The original barbell workout for total body strength. Challenge your muscles with squats, presses, lifts, and curls. Great music and motivating instructors help you achieve fast results.

## BODYSTEP

A cardio workout that tones your butt and thighs. Step to the beat with rhythmic movements and adjustable step heights. Suitable for all fitness levels, it's fun and effective.

## RPM/SPIN

RPM - Pre-choreographed indoor cycling class.  
Cycle - Instructor created indoor cycle session.

## FIT HIIT

GLC's unique functional training intervals. This cardio and resistance circuit targets the whole body with a focus on agility and core. Includes a dynamic warm-up, technique correction, high-intensity workout, and stretching. Adaptable for all fitness levels.

## PILATES

A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.

## YOGA

Our holistic practice promotes joint stability, muscle awareness, and internal focus by connecting breath to movement. Strengthen and lengthen your entire body while finding inner peace.

Class Types:

Yin: Deep stretches and long holds for flexibility.

Hatha: Traditional poses focusing on alignment and breath.

Vinyasa: Dynamic flow synchronising breath with movement.

Free Flow: Instructor choice of style

## AQUA ZUMBA

Everything you love about Zumba without stress on the joints. A fun class for all, no matter your size or fitness level. Join the party in the pool.

## AQUA FIT/LIFESTYLE

Working in shallow water this fun energetic session will help improve your fitness levels and muscle strength, using the natural resistance of the water.

## SWIM FIT

SwimFit is a great aerobic workout without the load on your joints, with the added resistance of the water, where you will also receive assistance on the correct technique from a qualified swim Coach. Range of skill levels catered for, however ability to swim at least 50m of freestyle, breast stroke and back stroke is a prerequisite.

Swim goggles, cap and fins/flippers recommended

## LIFESTYLE GROUP CIRCUIT

Group Sessions lead by Personal Trainer, that specialises in training senior and referred clients. The session will be suitable for clients over 55 years, and referred clients with low to moderate health issues. All exercises will offer variations and suitable progressions and regressions will be provide for clients with varying needs.

## ZUMBA GOLD

Is a fitness program that consists of cardio and Latin-inspired dance for the active older adults.

## OPENING HOURS

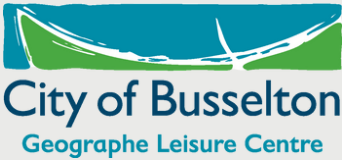
Monday - Friday 5:30am - 8:00pm  
Saturday 7:00am - 5:00pm  
Sunday 8:00am - 4:00pm  
Public Holidays 8:00am- 4:00pm

Excluding: Christmas Day, Boxing Day, New Years Day, Australia Day, Easter Sunday, Good Friday & Anzac Day

# GEOGRAPHE LEISURE CENTRE GROUP FITNESS TIMETABLE



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# GROUP FITNESS TIMETABLE

EFFECTIVE JUNE 2025

## GROUP FITNESS & SPIN ROOMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	FIT HIIT	<b>LES MILLS</b> <b>RPM</b> SPIN	<b>LES MILLS</b> <b>BODY PUMP</b>	<b>LES MILLS</b> <b>RPM</b> SPIN	FIT HIIT		
7:15am				VINYASA YOGA		<b>LES MILLS</b> <b>RPM</b> SPIN	
7:30am						<b>LES MILLS</b> <b>BODY COMBAT</b>	
8:00am			LIFESTYLE GROUP CIRCUIT		LIFESTYLE GROUP CIRCUIT		
8:15am							<b>LES MILLS</b> <b>BODY PUMP</b>
9:15am	<b>LES MILLS</b> <b>BODY PUMP</b>	<b>LES MILLS</b> <b>RPM</b> SPIN FIT HIIT	<b>LES MILLS</b> <b>BODY STEP</b>	<b>LES MILLS</b> <b>RPM</b> SPIN FIT HIIT	<b>LES MILLS</b> <b>BODY PUMP</b>		FREE FLOW YOGA
10:15am	YIN YOGA	VINYASA YOGA	VINYASA YOGA	PILATES	VINYASA YOGA		
4:30pm		PILATES					
5:30pm	<b>LES MILLS</b> <b>RPM</b> SPIN	<b>LES MILLS</b> <b>BODY PUMP</b>	<b>LES MILLS</b> <b>RPM</b> SPIN PILATES	<b>LES MILLS</b> <b>BODY COMBAT</b>	<b>LES MILLS</b> <b>RPM</b> SPIN		
6:30pm		HATHA YOGA		YIN YOGA			

## CLASS DURATIONS

### GROUP FITNESS ROOMS

BODY COMBAT	45 mins
BODY PUMP	45 mins
BODY STEP	45 mins
RPM/SPIN	45 mins
YOGA	60 mins
PILATES	45 mins
FIT HIIT	45 mins
LIFESTYLE	45 mins
ZUMBA GOLD	50 mins

### AQUATIC FITNESS

SWIM FIT	60 mins
AQUA FIT	50 mins
LIFESTYLE	50 mins

**\*CLASS TIMETABLE  
SUBJECT TO CHANGE.**

Please make sure you arrive at each class at least 5 minutes before the starting time. Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.

## AQUATIC FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SWIM FIT		SWIM FIT		SWIM FIT		
8:00am	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT		
9:00am	AQUA ZUMBA	LIFESTYLE AQUA	AQUA ZUMBA	LIFESTYLE AQUA			