

LES MILLS BODYCOMBAT

High-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS BODYPUMP HEAVY

BODYPUMP Heavy is a Les Mills strength training workout designed to build muscle and increase strength by using heavier weights with slower tempos

LES MILLS BODYSTEP

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

FUNCTIONAL FITNESS

This cardio and resistance circuit targets the whole body with a focus on agility and core. Includes dynamic warm-up, technique correction, high-intensity workout and stretching for recovery. Adaptable to all fitness levels.

FREE FLOW 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. Free Flow: Instructor's choice of style

HATHA YOGA

Traditional poses focusing on alignment and breath.

YIN YOGA

Slow-paced, meditative style of yoga that involves holding passive poses for longer periods to target deep connective tissues like fascia, ligaments, and joints

YIN SOUND BATH

This class combines slow, deep-stretching postures of yin yoga with the immersive experience of a sound bath, using vibrations from therapeutic instruments to promote deep relaxation. The class creates a meditative and soothing atmosphere that aims to release tension and calm the nervous system.

Vinyasa

Vinyasa yoga is a dynamic, "flow" style that synchronizes breath with movement, seamlessly transitioning between poses rather than holding them for long periods

PILATES

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

AQUATIC FITNESS - AQUA AEROBICS & SWIM FIT

	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			



It is a fitness program that combines cardio and Latin-inspired dance for active older adults.

LIFESTYLE GROUP CIRCUIT

Group Sessions led by a Personal Trainer who specialises in training senior and referred clients. The session is suitable for clients over 55 years old and referred clients with low to moderate health issues. All exercises will offer variations, and suitable progressions and regressions will be provided for Clients with varying needs.



Get fit, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



A fitness workout that strengthens your entire core, including your abs, glutes, and back, using a combination of bodyweight, resistance bands and weight plates.



Les Mills Virtual Tutorials are the perfect starting point! These slow-paced, educational sessions are designed to help you build confidence by learning proper form, body positioning, and movement techniques. Gain the knowledge you need to feel comfortable and empowered in any group fitness class.

GEOGRAPHE LEISURE CENTRE GROUP FITNESS TIMETABLE



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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM - 6.30AM 45 LES MILLS BODYPUMP	5.45AM - 6.30AM 45 Functional Fitness LES MILLS RPM SPIN	5.45AM - 6.30AM 45 LES MILLS BODYPUMP HEAVY	5.45 - 6.15AM 30 LES MILLS GRIT CARDIO 5.45 - 6.30AM 45 LES MILLS RPM SPIN	5.45AM - 6.30AM 45 Functional Fitness		<input type="checkbox"/> Instructor Led Class <input checked="" type="checkbox"/> Virtual Class
6.30AM - 6.45AM 15 LES MILLS CORE			6.15AM - 6.30AM 15 LES MILLS CORE			
7.00AM - 7.50AM 50 LIFESTYLE GROUP CIRCUIT	6.45AM - 7.15AM 30 LES MILLS BODYPUMP	6.45AM - 7.15AM 30 LES MILLS GRIT CARDIO	6.45AM - 7.45AM 60 VINYASA YOGA	6.45AM - 7.15AM 30 LES MILLS BODYBALANCE FLEXIBILITY		
	7.15AM - 7.45AM 30 LES MILLS CORE	7.15AM - 7.45AM 30 LES MILLS BODYBALANCE STRENGTH		7.15AM - 7.45AM 30 LES MILLS CORE	7.15AM - 8.00AM 45 LES MILLS RPM SPIN	
8.00AM - 8.45AM 45 ZUMBA GOLD	8.00AM - 8.30AM 30 LES MILLS BODYBALANCE STRONG SENIORS	8.00AM - 8.50AM 50 LIFESTYLE GROUP CIRCUIT	8.00AM - 8.30AM 30 LES MILLS BODYBALANCE STRONG SENIORS	8.00AM - 8.50AM 50 LIFESTYLE GROUP CIRCUIT	7.30AM - 8.15AM 45 LES MILLS BODYCOMBAT	8.15AM - 9.00AM 45 LES MILLS BODYPUMP
					8.30AM - 9.15AM 45 LES MILLS BODYPUMP HEAVY	9.15AM - 10.15AM 60 FREE FLOW YOGA
9.15AM - 10.00AM 45 LES MILLS BODYPUMP HEAVY	9.15AM - 10.00AM 45 Functional Fitness LES MILLS RPM SPIN	9.15AM - 10.00AM 45 LES MILLS BODYSTEP	9.15AM - 10.00AM 45 Functional Fitness LES MILLS RPM SPIN	9.15AM - 10.00AM 45 LES MILLS BODYPUMP	9.30AM - 10.15AM 45 LES MILLS BODYPUMP	10.30AM - 11.00AM 30 LES MILLS BODYATTACK
10.15AM - 11.15AM 60 YIN YOGA	10.15AM - 11.15AM 60 VINYASA YOGA	10.15AM - 11.15AM 60 VINYASA YOGA	10.15AM - 11.00AM 45 PILATES	10.15AM - 11.15AM 60 VINYASA YOGA	10.30AM - 11.15AM 45 LES MILLS BODYBALANCE	11.15AM - 12.00PM 45 LES MILLS DANCE
12.30PM - 1.00PM 30 LES MILLS BODYPUMP	12.30PM - 1.00PM 30 LES MILLS BODYBALANCE FLEXIBILITY	12.30PM - 1.00PM 30 LES MILLS GRIT STRENGTH	12.30PM - 1.00PM 30 LES MILLS BODYATTACK	12.30PM - 1.00PM 30 LES MILLS BODYPUMP		12.15PM - 12.50PM 35 LES MILLS BODYATTACK BEGINNER
1.15PM - 1.45PM 30 LES MILLS BODYATTACK	1.15PM - 1.45PM 30 LES MILLS DANCE	1.15PM - 1.45PM 30 LES MILLS BODYPUMP	1.15PM - 1.45PM 30 LES MILLS CORE	1.15PM - 1.45PM 30 LES MILLS BODYBALANCE STRENGTH	1.00PM - 1.25PM 25 LES MILLS BODYPUMP TUTORIAL	1.00PM - 1.35PM 35 LES MILLS BODYPUMP BEGINNER
					1.45PM - 2.10PM 25 LES MILLS BODYCOMBAT TUTORIAL	1.45PM - 2.20PM 35 LES MILLS BODYCOMBAT BEGINNER
2.15PM - 2.45PM 30 LES MILLS BODYCOMBAT	2.15PM - 2.45PM 30 LES MILLS BODYPUMP	2.15PM - 2.45PM 30 LES MILLS BODYATTACK	2.15PM - 2.45PM 30 LES MILLS BODYPUMP	2.15PM - 2.45PM 30 LES MILLS CORE	2.30PM - 2.50PM 20 LES MILLS BODYBALANCE TUTORIAL	2.30PM - 3.05PM 35 LES MILLS BODYBALANCE BEGINNER
4.00PM - 4.30PM 30 LES MILLS DANCE		4.00PM - 4.30PM 30 LES MILLS CORE		4.00PM - 4.30PM 30 LES MILLS BODYATTACK	3.30PM - 4.30PM 60 YIN SOUND BATH MONTHLY STAY TUNED FOR UPDATES.	
	4.30PM - 5.15PM 45 PILATES		4.30PM - 5.15PM 45 LES MILLS BODYBALANCE			
5.30PM - 6.15PM 45 LES MILLS BODYBALANCE LES MILLS RPM SPIN	5.30PM - 6.15PM 45 LES MILLS BODYPUMP HEAVY	5.30PM - 6.15PM 45 PILATES LES MILLS RPM SPIN	5.30PM - 6.15PM 45 LES MILLS BODYCOMBAT	5.30PM - 6.15PM 45 LES MILLS BODYPUMP LES MILLS RPM SPIN		
6.30PM - 7.15PM 45 LES MILLS BODYPUMP	6.30PM - 7.30PM 60 HATHA YOGA	6.30PM - 7.15PM 45 LES MILLS BODYPUMP	6.30PM - 7.30PM 60 YIN YOGA	6.30PM - 7.15PM 45 LES MILLS BODYBALANCE		

LIVE CLASS/VIRTUAL STUDIO SAFETY & ETIQUETTE

Welcome to group fitness at the Geographe Leisure Centre. To ensure a positive and safe experience for all participants, please observe the following guidelines.

Please book in to your class and arrive 5 minutes prior to commencement, bring a towel and a full water bottle. Once a class has commenced entry will not be permitted.

If you feel unwell during a class, stop immediately and please seek assistance. Les Mills Virtual Classes, projector and sound will happen automatically. If not, please advise reception. Classes are regularly reviewed and subject to change at any time.