LesMills BODYCOMBAT

An empowering cardio workout with mixed martial arts moves including boxing, karate, muay thai and more.

LesMills BODYPUMP

The original barbell class that strengthens and tones your entire body.

LesMills BODYSTEP

An energising choreographed step workout, that makes you feel liberated and alive.

LesMills RPM SPIN

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

LesMills BODYPUMP HEAVY

Heavy weights, lower repititions, big strength gains. Stay strong, stay controlled, and own every rep!

LesMills BODYBALANCE

A fusion of Yoga, Pilates and Tai Chi to build flexibility, strength and balance. This class is virtual.

LesMills CORE

Build a stronger core, improve stability, and move with power from the inside out. This class is virtual.

ZUMBA gold

A fun, dance inspired, cardio workout for active older adults. Party while you exercise!

ON DEMAND

Be the first to arrive and choose your virtual workout! If others join, simply agree on two shorter programs within the same session booking time. Please wait outside the studio if a class is already running and your booking window hasn't yet commenced.

All classes marked with ▶ are virtual and often feature strobe lighting, flashing effects, and rapid visual changes. There is no Instructor present in these classes and it is important to modify your pace and rest as needed. These sessions are not recommended for individuals prone to seizures, and those prone to motion sickness may experience nausea and/or disorientation.

FUNCTIONAL FITNESS

Boost your fitness with a dynamic mix of cardio, resistance, mobility and total-body conditioning designed to build functional strength and movement.

YOGA

Experience a variety of yoga styles, from strong Vinyasa and energising Flow, to mindful Hatha and restorative Yin, with every class incorporating breathwork, meditation, and relaxation to nurture both body and mind.

MAT PILATES

Build core strength, improve posture and mobility, and move with control as you challenge your body through every Pilates movement.

LIFESTYLE GROUP CIRCUIT

Suitable for active older adults and referred clients with low to moderate health conditions, this class offers exercise options to suit all abilities while helping you stay active, move well, and feel your best.

AQUA ZUMBA

Everything you love about Zumba without stress on the joints. A fun class for all, no matter your 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 low-impact, full-body workout that combines the resistance of water with expert coaching to improve fitness, technique and confidence, catering to a range of abilities, with participants required to comfortably swim 50m of freestyle, breaststroke and backstroke.
Swim goggles, cap and fins/flippers are recommended.

Bookings are essential for all of our classes, instructor-led , virtual and On Demand.

If a class/session isn't listed in the Phoenix Member Portal, it's not available for bookings and the room may be in use for another purpose.

GROUP FITNESS TIMETABLE

GEOGRAPHE LEISURE CENTRE





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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City of Busselton
Geographe Leisure Centre

GLC Group Fitness Timetable

November 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:45AM		LesMills RPM SPIN 45		LesMills RPM SPIN 45		7:15AM	LesMills RPM SPIN 45	
5:45AM	LesMills BODYPUMP 45	FUNCTIONAL FITNESS 45	LesMills BODYPUMP HEAVY 45	FUNCTIONAL FITNESS 45	LesMills BODYPUMP 45	7:30AM	LesMills BODYCOMBAT 45	
6:45AM	LesMills BODYBALANCE 45	HATHA YOGA 60	LesMills Seniors BODYBALANCE 45	VINYASA YOGA 60	LesMills BODYBALANCE 45	8:30AM	LesMills BODYPUMP HEAVY 45	LesMills BODYPUMP 45
8:00AM	LIFESTYLE GROUP CIRCUIT 50	LesMills Seniors BODYBALANCE 35	LIFESTYLE GROUP CIRCUIT 50	ZUMBA gold 45	LIFESTYLE GROUP CIRCUIT 50	9:30AM	LesMills BODYBALANCE 45	FLOW YOGA 60
9:15AM		LesMills RPM SPIN 45		LesMills RPM SPIN 45		11:00AM - 3:30PM	ON DEMAND	ON DEMAND
9:15AM	LesMills BODYPUMP HEAVY 45	FUNCTIONAL FITNESS 45	LesMills BODYSTEP 45	FUNCTIONAL FITNESS 45	LesMills BODYPUMP 45			
10:15AM	YIN YOGA 60	VINYASA YOGA 60	HATHA YOGA 60	MAT PILATES 45	VINYASA YOGA 60			
11:30AM	ON DEMAND 45	ON DEMAND 45	ON DEMAND 45	ON DEMAND 45	ON DEMAND 45			
12:30PM	LesMills BODYPUMP 30	LesMills CORE 30	LesMills BODYPUMP 30	LesMills CORE 30	LesMills BODYBALANCE 30			
1:15PM	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30			
2:00PM	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30	ON DEMAND 30			
4:30PM	ON DEMAND 30	MAT PILATES 45	ON DEMAND 45	LesMills BODYBALANCE 45	ON DEMAND 30			
5:30PM	LesMills RPM SPIN 45		LesMills RPM SPIN 45		LesMills RPM SPIN 45			
5:30PM	LesMills BODYBALANCE 45	LesMills BODYPUMP HEAVY 45	MAT PILATES 45	LesMills BODYCOMBAT 45	ON DEMAND 45			
6:30PM	LesMills BODYPUMP 45	HATHA YOGA 60	LesMills BODYPUMP 45	YIN YOGA 60	ON DEMAND 45			

For each and every visit, please note:

- Bookings are essential for every class and can be made via the Phoenix Member Portal or with Reception
- You are required to register your attendance by presenting the class booking ticket to the Group Fitness Instructor
- You must bring a towel and assist in good hygiene practices by cleaning used equipment
- Closed-toe exercise shoes and appropriate exercise clothing is required
- You may enter and exit the Group Fitness studios 5 minutes before & after class times

If you need assistance or clarification regarding any of these requirements, please speak with our friendly staff.

AQUATIC FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 FIT	AQUA ZUMBA	LIFESTYLE AQUA FIT	

Yin Sound Bath:
Monthly sessions are usually held on the first Saturday of each month, 3:30 - 4:30PM.
Please check our Member Portal for updates.