

BALDIVIS GROUP FITNESS TIMETABLE

2/600 Baldivis Rd

Baldivis WA 6171

08 9500 8666

STARTING AUGUST 12 2024

www.genesisfitness.com.au/gym/wa/baldivis

GX / CYCLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am	HIITCircuit + 45min		BodyCombat 55min		HIITCircuit + 45min		
6.00 am		LM Sprint 30 min		LM Sprint 30 min			
7.00 am						LM Sprint 30 min	
7.35 am						LM Sprint 30 min	
8.00 am						8.00 am Yoga 55 min	8.30 am XtremeHipHop 55 min
9.00 am		HIITCircuit 30 min	8.40 am LM Sprint 30 min	BodyPump 55 min		BodyPump 55 min	
9.15am	BodyPump 55 min		9.15 am LM Sprint 30 min		BodyCombat 55 min		
9.30 am		Yoga 55 min	RiseDanceFit 45 min				
10.00 am				XtremeHipHop 55 min			
10.20 am	SuperSeniors 45 min		SuperSeniors 45 min		SuperSeniors 45 min		
5.00pm	LM Sprint 30 min			LM Sprint 30 min			
5.30 pm	BodyPump 55 min	XtremeHipHop 55 min	BodyCombat 55 min	Yoga 55 min	Yoga 55 min		
6.30 pm	BodyCombat 45 min	BodyPump 55 min		BodyPump 55 min			
FUNCTIONAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am	BATTLEGROUND		BATTLEGROUND		BATTLEGROUND		
7.30 am						BATTLEGROUND	
9.30am	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND		
6.00 pm	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND			

*bookings essential for BattleGround—please see reception for details

STAFFED HOURS Monday—Thursday 9.00am—6.00pm

Friday 9.00am—5.00pm

Saturday 8.30am—11.30am

Sunday and Public Holidays Unstaffed

GENESIS
HEALTH + FITNESS

OUR CLASS GUIDE

FITNESS STRENGTH AND TONE WEIGHT-LOSS WELLNESS

		FITNESS	STRENGTH AND TONE	WEIGHT-LOSS	WELLNESS
BATTLE GROUND	Using the latest fitness technology, and scientifically proven progressive programming, Battleground produces serious results. Our best personal trainers will teach you the finer details of movement technique and help you to achieve serious goals. You will move through Battleground phases making noticeable changes in strength, fitness, and body composition. Battleground is backed with the highest levels of support and accountability from your coaches. Bookings are essential for this class.	Yes	Yes	Yes	Yes
BODYCOMBAT	A high energy class that fuses moves from boxing, muay thai, karate and other martial arts. Emphasising control and technique, the bodyweight athletic combinations will challenge and shape your body. No equipment necessary, and options for both low and high impact movements are given in every class.	Yes	Yes	Yes	Yes
XTREME HIP HOP	A worldwide phenomenon, Xtreme is a revamp of the traditional step class with routines set to new and old skool Hip Hop and RnB. It just makes you want to get up and move while getting a great caloric burn and a fun, low-impact workout. Suitable for all fitness levels, an incredible and interactive class where you are encouraged to push your own personal limits while enjoying the beatz.	Yes	Yes	Yes	Yes
BODYPUMP	A non-impact class designed to give your body a complete workout using barbells and light weights. You will burn calories and improve strength.	Yes	Yes	Yes	Yes
LES MILLS SPRINT	Sprint is a workout built on the science of HIIT — high intensity interval training. Using a stationary bike, it's a quick and intense style of training that returns rapid results with minimal joint impact.	Yes	Yes	Yes	Yes
SUPER SENIORS	Specially designed for the over-55s to safely maintain fitness, strength, and flexibility. Suitable for both veteran gym goers and new comers.	Yes	Yes	Yes	Yes
YOGA	A flowing and meditative class for healing and restoring balance within the body, mind, and spirit. Improve muscle tone, flexibility, strength, and stamina.	Yes	Yes	Yes	Yes
RISE DANCE FIT	A blend of Latin and International dance routines that creates a dynamic, exciting, and fun workout. A blend of fast and slow rhythms, and low and high intensity options, mean this class is suitable for all.	Yes	Yes	Yes	Yes
HIITCIRCUIT PLUS	HIITCircuit Plus is a HIIT-based workout designed to improve strength and cardiovascular fitness, and build lean muscle. This workout uses a barbell, weight plates, a step, bodyweight, and motivating music to hit all major muscle groups. We round this workout out with the addition of targeted isolation exercises guaranteed to work your core and postural muscles.	Yes	Yes	Yes	Yes