

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness Space - Ground Floor							
6:10am	Reformer 45mins		Reformer 45mins	Reformer 45mins	Reformer 45mins		
7:10am	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins	Reformer 45mins		
8:10am		Reformer 45min				Reformer 45mins	Reformer 45mins
9:00am						Reformer 45mins	
9:30am	Reformer 45mins	Reformer 45mins	Reformer 45mins	Foundation Reformer 45mins	Foundation Reformer 45mins		Reformer 45mins
10:00am						Reformer 45mins	
12:00pm	Reformer 45mins		12.15 pm Reformer 45mins				
3:15pm						Reformer 45mins	Reformer 45mins
4:30pm	Athletic Reformer 45mins		Athletic Reformer 45mins				
5:00pm		Reformer 45mins		Reformer 45mins			
5:30pm	Athletic Reformer 45mins		Athletic Reformer 45mins		Reformer 45mins		
6:00pm		Reformer 45mins		Reformer 45mins			

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Space - Level 3							
9.15am			Yin Yoga 60mins				
9.30am	Slow Flow Yoga 60mins					Vinyasa Yoga 60mins	
10.30am							Breathwork 45mins
11.00am						Breathwork 45mins	
12.30pm					Slow Flow Yoga 60mins		
4.15pm							Yin Yoga 60mins
5:30pm	Mat Pilates 45mins			Barre 45mins			
6:30pm	Vinyasa Yoga 60mins	Restorative Yoga 60mins	Slow Flow Yoga 60mins		Yin Yoga 60mins		

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Floor - Level 1							
6:15am	Strength Circuit 45 mins	HIIT 45 mins	Strength Circuit 45 mins	HIIT 45 mins	Bundha Run Club 45 mins		
7.15am				Boxing (Cardio) 45 mins			
8.30am						HIIT 45 mins	HIIT 45 mins
9.45am		Active Adults 45mins					
10.15am	Active Walkies 45mins			Active Adults 45mins			
10.30am			Tai Chi 45mins				
12:30pm	HIIT 45 mins			Strength Circuit 45 mins			
6:30pm	Strength Circuit 45 mins	HIIT 45 mins	Strength Circuit 45 mins	HIIT 45 mins			

GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Room - Level 1							
6:15am	Cycle 45 mins		Cycle 45 mins				
9.00am							
10.30am							
5:30pm							
6.00pm							

As of May 2026. Timetable subject to change.

Email info@bundhasportscentre.com.au for more info.

CLASS DESCRIPTIONS

Class Name	Description
Active Adults	This class combines low impact aerobics, strength exercises and balance, using various equipment, designed for over 60s. This class has everything – great music, movement and friends.
Active Walkies	Come and join our Social Walk Club, meeting at the front of the Bundha Sports Centre. Together, we'll enjoy a 1–2 km walk at a comfortable, relaxed pace, perfect for conversation and connection. This walk is a great way to stay active, meet new people, and enjoy the outdoors in a supportive and welcoming environment. Suitable for all fitness levels – no need to rush, just walk and enjoy.
Breathwork	A guided breathwork session to help you slow down, reset, and start your weekend feeling grounded and refreshed. This class uses simple breathing techniques to settle the body, clear mental fog, and gently lift your energy. You'll finish feeling calm, centred, and ready for the day ahead — without feeling overstimulated. No experience needed. Suitable for all levels.
Barre	A fusion of ballet, and Pilates. Designed to challenge core stability and balance using body weighted movements, light hand weight, Pilates rings and balls. Class can be conducted with a char, or Barre-less.
Boxing (Cardio)	Cardio boxing uses a combination of shadowboxing and/or hitting pads with continuous cardio movements such as high knees, burpees, push-ups that will increase your strength and teach you to control your heart rate.
Cycle	An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.



CLASS DESCRIPTIONS



Class Name	Description
HIIT	Interval-based training with our encouraging and knowledgeable instructors! Work as hard as you can and then recover. HIIT is scientifically proven to get results fast and the benefits are amazing! Rapid calorie and fat burning, improved cardiovascular health, increased metabolism, muscle preservation and strength and more!
Mat Pilates	The Pilates method is designed to strengthen your deep core muscles, which in turn raises your stability & mobility allowing you to move freely with confidence. A variety of props can be incorporated into exercises such as balls, bands and Pilates rings to tone and strengthen your body.
Meditation	Be guided towards a calm, clear, observant mind. Learn breathing techniques, experience sound meditation, try visualization and relaxation techniques, to help reduce stress, anxiety and improve your overall wellbeing
Reformer Pilates	Our Reformer Pilates classes are designed for all abilities! These classes can improve fitness, movement, flexibility and mobility with the use of our Reformer carriages and equipment. Progressions and regressions will be offered by our wonderful instructors throughout the session which will allow you to shape the class to your liking!
Reformer Pilates- Foundation	Reformer Pilates Studio. New to Reformer? This class is for you! A beginner class, designed to get you comfortable on the Reformer carriage, teaching basic movements with minimal equipment.
Reformer Pilates- Athletic	The perfect session to get your heart rate pumping. Pilates apparatus used to elevate your practice, changes of pace with dynamic movements. Great for intermediate level. Not suitable for beginners, pre-natal or those recovering from injury. Must be confident on the Reformer.
Strength Circuit	Experience a workout that involves exercises that utilise dumbbells, barbells and bodyweight exercises. This class works on cardiovascular fitness and muscle toning and is suitable for all fitness levels no matter if it's your first time lifting weights or not!



CLASS DESCRIPTIONS

Class Name	Description
Run Club	Come and join our Social Run Club at the front of the Bundha Sports Centre. This friendly group is open to all fitness levels, from beginners to seasoned runners. We'll be covering a 5km route at a comfortable, social pace. A great way to get moving, meet new people, and enjoy the outdoors together.
Tai Chi	Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Promotes mental awareness, improves balance, control and wellbeing.
Yoga- Hatha	Classical and foundational yoga involving asana (postures), breath work, and gentle warming movements to build strength, balance, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels.
Yoga- Restorative	A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.
Yoga- Slow Flow	A slower-paced, gentle, and accessible form of yoga. It involves a combination of traditional yoga poses that transition smoothly from one to the next, with many poses held for an extended duration during the sequence.
Yoga- Vinyasa	A combination of foundation postures with progressions to cater for all levels. Sequencing flows with breath, strength, flexibility and balance seamlessly transitioning between poses to create a continuous, aerobic, and creative practice.
Yoga- Yin	A deeply mindful, meditative style of Yoga focusing on holding passive, seated, or reclined poses while finding stillness and focusing on the breath. Yin targets deep connective tissues (fascia), joints, and ligaments A powerful practice to alleviate stress and deeply release tension and tightness in the body.

