

GROUP FITNESS TIMETABLE

STUDIO 1							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am				LES MILLS BODYPUMP 45			
6:15 am		LES MILLS CORE 30			LES MILLS CORE 30		
7:30 am				PILATES 45			
8:30 am	PILATES 45	BODY SCULPT 45	INTERACTIVE 45			LES MILLS BODYATTACK 45	
9:30 am	LES MILLS BODYPUMP 45	ZUMBA 45		LES MILLS BODYATTACK 45	DANCEFIT 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45
10:30 am		PILATES 45	LES MILLS BODYPUMP 45	ZUMBA 45			
3:30 pm						RESTORATIVE YOGA 45	
5:00 pm	LES MILLS BODYCOMBAT 45						
5:15 pm				DANCEFIT 45			
5:30 pm		VIN-YIN YOGA 45	LES MILLS BODYPUMP 45				
6:15 pm					LES MILLS BODYPUMP EXPRESS 30		
6:30 pm	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45					
7:00 pm				LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45						

AQUA						
	MON	TUE	WED	THU	FRI	SAT
6:00 am				AQUA FITNESS 45		
8:30 am	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA BOOTCAMP 45
9:30 am	AQUA FITNESS 45	AQUA FITNESS 45	AQUA LITE 45	AQUA FITNESS 45	AQUA FITNESS 45	AQUA FITNESS 45
10:30 am					AQUA ATHLETIC 45	
6:30 pm			AQUA ATHLETIC 45			
6:45 pm		AQUA ATHLETIC 45				



CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am				LES MILLS RPM 30			
5:30am		LES MILLS sprint 30			LES MILLS sprint 30		
5:45am	LES MILLS RPM 45		LES MILLS RPM 45				
6:30am		LES MILLS RPM 30					
7am				LES MILLS sprint 30			
7:30am	LES MILLS RPM 30	LES MILLS sprint 30	LES MILLS RPM 30		LES MILLS RPM 50	LES MILLS RPM 45	
8:30am		LES MILLS RPM 50				LES MILLS RPM 50	LES MILLS RPM 45
9:30am	LES MILLS RPM 45	LES MILLS RPM 50	LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 45		
10:30am	LES MILLS sprint 30		LES MILLS sprint 30		LES MILLS sprint 30		LES MILLS sprint 30
12pm		LES MILLS RPM 50		LES MILLS RPM 50			
12:30pm	LES MILLS sprint 30		LES MILLS sprint 30		LES MILLS RPM 30		
1pm		LES MILLS RPM 50		LES MILLS RPM 50			
3:30pm							LES MILLS RPM 50
4pm						LES MILLS sprint 30	
4:30pm	LES MILLS RPM 30	LES MILLS sprint 30	LES MILLS RPM 30		LES MILLS RPM 50		
5:00pm				LES MILLS sprint 30			
5:30pm			LES MILLS RPM 50		LES MILLS sprint 30		
5:45pm	LES MILLS RPM 45	LES MILLS RPM 45					
6:30pm				LES MILLS RPM 50			
6:45pm	LES MILLS sprint 30		LES MILLS RPM 45		LES MILLS RPM 50		
7:30pm		LES MILLS sprint 30		LES MILLS RPM 30			

NOTE: No cycling shoes are to be worn outside the cycle studio

STUDIO 2					
	MON	TUE	WED	THU	FRI
9:00 am				PILATES 45	
9:30 am	INTERACTIVE 45	FLOW YOGA 45			
10.30 am			PILATES 45		



AQUAFIT HOURS:
 Monday - Friday: 5am - 9pm
 Saturday: 6am - 6pm
 Sunday: 7am - 6pm
 (02) 4629 7297 • aquafit.com.au

45 Indicates class time in minutes Find this timetable online at: aquafit.com.au New class or time Virtual Class

Aquafit reserves the right to make changes to the timetables i.e. adding or removing classes based on participation levels and seasonal demand.