

FEBRUARY 2025

GROUP FITNESS TIMETABLE

STUDIO 1							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am				LES MILLS BODYPUMP 45			
6:15 am		CORE 30			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 BODYPUMP 45	LES MILLS BODYATTACK 45	DANCEFIT 45	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP 45
10:30 am		PILATES 45	PILATES 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		
7:30 am	AQUA FITNESS 45		AQUA FITNESS 45			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				

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.

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

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



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

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