

SPRING GROUP FITNESS TIMETABLE

STUDIO 1

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am				BODY SCULPT 45			
6:15 am		CORE 30			CORE 30		
7:30 am				Interactive Lite 45			
8:30 am	PILATES 45	BODY SCULPT 45	INTERACTIVE 45	PILATES 45	FLOW YOGA 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	
5:15 pm				DANCEFIT 45			
5:30 pm	LES MILLS BODYCOMBAT 45	VIN-YIN YOGA 45	LES MILLS BODYPUMP 45		ZUMBA 45		
6:30 pm	LES MILLS BODYATTACK 45	LES MILLS BODYPUMP 45	BODY SCULPT 45	LES MILLS BODYPUMP 30			
7:00 pm				LES MILLS BODYBALANCE 45			
7:30 pm	LES MILLS BODYBALANCE 45						

STUDIO 2

	MON	TUE	WED	THU	FRI
9:30 am	INTERACTIVE 45	FLOW YOGA 45			

FUNCTIONAL TRAINING AREA

	MON	TUE	WED	THU	FRI	SAT
5:30am			HIIT 30			
6am		METCON 30				
7am						METCON 30
9:30am	OUTDOOR 45	METCON 30			HIIT 30	
6pm	HIIT 30			HIIT 30		

CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am		sprint 30		LES MILLS RPM 30	sprint 30		
5:45am	LES MILLS RPM 45		LES MILLS RPM 45				
7:30am	LES MILLS RPM 30	sprint 30	LES MILLS RPM 30	sprint 30	LES MILLS RPM 50	LES MILLS RPM 45	
8:30am						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	sprint 30		sprint 30		sprint 30		sprint 30
12:30pm	sprint 30	LES MILLS RPM 50	sprint 30	LES MILLS RPM 45	LES MILLS RPM 30		
3:30pm							LES MILLS RPM 50
4:30pm	LES MILLS RPM 30	sprint 30	LES MILLS RPM 30	LES MILLS RPM 50	LES MILLS RPM 50	sprint 30	
5:30pm				sprint 30			
5:45pm	LES MILLS RPM 45	LES MILLS RPM 45	LES MILLS RPM 50				
6:45pm	sprint 30			LES MILLS RPM 30	LES MILLS RPM 50		
7:30pm		sprint 30		LES MILLS RPM 50			

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

AQUA

	MON	TUE	WED	THU	FRI	SAT
6:00 am				AQUA FITNESS 45		
7:30am	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				



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.

Updated 02/7/2025