



WILLOUGHBY LEISURE CENTRE

GROUP FITNESS TIMETABLE

SPORTS HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	HIGH ENERGY	STRENGTH (INTERMEDIATE/ADVANCED)	HIGH ENERGY	STRENGTH (INTERMEDIATE/ADVANCED)	HIGH ENERGY		
6:00 AM	CYCLE	LES MILLS SPRINT	CYCLE	CYCLE	LES MILLS SPRINT		
6:30 AM						LES MILLS RPM	
6:45 AM					STRENGTH (BEGINNER / INTERMEDIATE)		
7:30 AM					STRENGTH (BEGINNER / INTERMEDIATE)		
7:30 AM					STEP		H.I.I.T*
8:15 AM		LES MILLS SPRINT				OUTDOOR TRAINING	
8:30 AM	CARDIO & CONDITIONING (BEGINNER / INTERMEDIATE)		CARDIO & CONDITIONING (INTERMEDIATE/ADVANCED)	LES MILLS SPRINT	CARDIO & CONDITIONING (BEGINNER / INTERMEDIATE)		YOGA
8:45 AM		BARRE					
9:30 AM	LES MILLS BODY PUMP	PILATES	LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10:30 AM	PILATES		PILATES	POWER YOGA	ZUMBA		
11:30 AM	LOW INTENSITY CIRCUIT		LOW INTENSITY CIRCUIT	GENTLE EXERCISE			
6:05 PM		PILATES	LES MILLS BODY PUMP				
6:30 PM	HIGH ENERGY			BOXING			

Note: All classes are 45 minutes, except for Yoga & Gentle Exercise classes, which are 60 minutes.

GROUP FITNESS TIMETABLE

NETBALL ROOM – WILLOUGHBY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM				YOGA			







Note: Yoga classes are 60 minutes.

139 ARTARMON ROAD COMMUNITY HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM				DANCE & TONE		LES MILLS BODY PUMP	
10:15 AM	TAI CHI						
11:30 AM	GENTLE EXERCISE						

Address: Cnr of Artarmon Road and Tindale Road

KEY:

	Cardio Classes: Focus on building endurance and improving cardiovascular health.
	Body & Mind Classes: Improve flexibility, core strength, mindfulness, and body awareness.
	Strength Classes: Focus on increasing overall strength through targeted resistance exercises.
	High Intensity Classes: Fast-paced, dynamic classes designed to push your limits and improve fitness.
	Low Intensity Classes: Gentle, low-impact classes that are easy on the joints and perfect for older adults.
	Dance Classes: Move to the beat with fun, rhythm-based classes that combine fitness with dance moves.

H.I.I.T* - What does H.I.I.T stand for? High Intensity Interval Training

Willoughby Leisure Centre

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WILLOUGHBY
LEISURE