



WILLOUGHBY
LEISURE

GROUP FITNESS TIMETABLE

SPORTS HALL CLOSED – MONDAY 14 APRIL 2025

139 ARTARMON ROAD COMMUNITY HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	CARDIO & CONDITIONING		LES MILLS BODY COMBAT	DANCE & TONE	CARDIO & CONDITIONING	LES MILLS BODY PUMP	
9:30 AM	LES MILLS BODY PUMP	PILATES	LES MILLS BODY PUMP		LES MILLS BODY BALANCE	YOGA	
10:30 AM	PILATES		PILATES		ZUMBA		
11:30 AM	GENTLE EXERCISE						
11:45 AM				POWER YOGA			
12:30 PM	TAI CHI						
2:15 PM		PILATES					
6:05 PM		PILATES	LES MILLS BODY PUMP				

Address: Cnr of Artarmon Road and Tindale Road.

Parking available a 3-minute walk from Community Hall. Car Park: Cameron Ave, Artarmon (30 parking spaces).

CYCLE STUDIO – WILLOUGHBY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	CYCLE	LES MILLS SPRINT	CYCLE	CYCLE	LES MILLS SPRINT		
7:15 AM						LES MILLS RPM	
8:30 AM				LES MILLS SPRINT	CYCLE		
9:30 AM		LES MILLS SPRINT					

Note: All classes are 45 minutes, except for Les Mills Sprint, which are 30 minutes.

HEALTH CLUB – WILLOUGHBY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20 AM		STRENGTH (ADVANCE)		STRENGTH (ADVANCE)			



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THE ZONE – WILLOUGHBY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	HIGH ENERGY		HIGH ENERGY		HIGH ENERGY		
6:50 AM		STRENGTH (BEGINNER / INTERMEDIATE)			STRENGTH (BEGINNER / INTERMEDIATE)		
7:30 AM							H.I.I.T*
7:40 AM		STRENGTH (BEGINNER / INTERMEDIATE)			STRENGTH (BEGINNER / INTERMEDIATE)		
8:15 AM						HIGH ENERGY	
8:30 AM		BARRE					
9:30 AM				TABATA			
10:30 AM	LOW INTENSITY CIRCUIT		LOW INTENSITY CIRCUIT	GENTLE EXERCISE			
4:30 PM						CORE & RECOVERY	LIFT & SWEAT
5:45 PM	LIFT	SWEAT	LIFT		LIFT & SWEAT		
6:00 PM				BOXING			
6:30 PM	HIGH ENERGY						

Note: All classes are 45 minutes.

NETBALL ROOM – WILLOUGHBY LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		YOGA		YOGA			

Note: Yoga classes are 60 minutes.

WILLOUGHBY LEISURE CENTRE

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