



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 | | | |

Note: Yoga classes are 60 minutes.

WILLOUGHBY LEISURE CENTRE

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