WILLOUGHBY LEISURE CENTRE GROUP FITNESS TIMETABLE



Monday, 4 July to Sunday, 17 July 2022 - Sports Hall closed for maintenance

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00AM YOGA Location: Crèche		<u>6:00AM</u> YOGA Location: Crèche			<u>8:30AM</u> YOGA Location: Crèche
9:00AM CARDIO & CONDITIONING Location: 139 Artarmon Rd	9:15AM D.A.G.S Location: 139 Artarmon Rd	9:00AM CARDIO & CONDITIONING Location: 139 Artarmon Rd	9:00AM D.A.G.S Location: 139 Artarmon Rd	9:00AM CARDIO & CONDITIONING Location: 139 Artarmon Rd	9:00AM BODY PUMP Location: 139 Artarmon Rd	
10:00AM BODY PUMP Location: 139 Artarmon Rd	10:00AM PILATES Location: 139 Artarmon Rd	10:00AM BODY PUMP Location: 139 Artarmon Rd	10:00AM TABATA Location: 139 Artarmon Rd	9:45AM BODY BALANCE Location: 139 Artarmon Rd		
11:00AM PILATES Location: 139 Artarmon Rd		11:00AM PILATES Location: 139 Artarmon Rd	11:00AM YOGA Location: 139 Artarmon Rd			
12:00PM ACTIVE MOVERS Location: 139 Artarmon Rd			12:00PM ACTIVE MOVERS Location: 139 Artarmon Rd			
	<u>6:05PM</u> PILATES Location: Crèche	OOD) AND HEA				

NETBALL COURTS (OUTDOOR) AND HEALTH CLUB (GYM) CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM HIGH ENERGY CIRCUIT Location: Netball Courts	<u>5:20AM</u> STRENGTH TRAINING Location: Health Club	6:00AM SPEED TRAINING Location: Netball Courts	<u>5:20AM</u> POWER TRAINING Location: Health Club	6:00AM STAMINA TRAINING Location: Netball Courts	8:15AM OUTDOOR TRAINING Location: Netball Courts	7:30AM H.I.T.T Location: Netball Courts
6:30PM HIGH ENERGY CIRCUIT Location: Health Club	9:15AM OUTDOOR TRAINING Location: Netball Courts	6.05PM STRENGTH & CONDITIONING Location: Health Club	6:45PM HIGH ENERGY CIRCUIT Location: Health Club			

CYCLE * Maximum capacity = 15 participants per class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15AM CYCLE	6.15AM CYCLE	6.15AM CYCLE	<u>6.15AM</u> CYCLE	6.15AM SPRINT (30 MINUTES)		
9:30AM CYCLE	9:30AM SPRINT (30 MINUTES)	9:30AM CYCLE		9:30AM CYCLE	<u>8.30AM</u> RPM	

AQUA * Maximum capacity = 24 participants per class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM DEEP	<u>8:30AM</u> DEEP	<u>8:30AM</u> DEEP	<u>8:30AM</u> DEEP	<u>8:30AM</u> DEEP	<u>7:10AM</u> DEEP	
9:30AM DEEP	<u>9:30AM</u> DEEP	<u>9:30AM</u> DEEP	<u>9:30AM</u> DEEP	<u>9:30AM</u> DEEP		