

WILLOUGHBY LEISURE CENTRE

GROUP FITNESS TIMETABLE

Timetable Updated: Monday 13 February 2023

SPORTS HALL * *Maximum capacity = 35 participants per class*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 AM	HIGH ENERGY	YOGA	HIGH ENERGY (SPEED)	YOGA	HIGH ENERGY (STAMINA)	7:10AM LES MILLS BODY PUMP	
7.30 AM					FREESTYLE STEP		HIGH INTENSITY INTERVAL TRAINING
8.30 AM	CARDIO & CONDITIONING	BARRE	LES MILLS BODY ATTACK	DANCE, ABS, GLUTES & STRETCH	CARDIO & CONDITIONING		YOGA
9.30 AM	LES MILLS BODY PUMP	PILATES	LES MILLS BODY PUMP	TABATA	LES MILLS BODY BALANCE		
10.30 AM	PILATES		PILATES		ZUMBA		
PM	6:30PM HIGH ENERGY	6:05PM PILATES	6:05PM LES MILLS BODY PUMP				

OUTDOOR TRAINING AND HEALTH CLUB CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:30AM LOW INTENSITY CIRCUIT	5:20AM STRENGTH TRAINING Health Club	10:30AM LOW INTENSITY CIRCUIT	5:20AM POWER TRAINING Health Club		8:15AM OUTDOOR TRAINING Netball Courts	

CYCLE * *Maximum capacity = 20 participants per class*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	FREESTYLE CYCLE	LES MILLS SPRINT (30 MINUTES)	FREESTYLE CYCLE	LES MILLS RPM	LES MILLS SPRINT (30 MINUTES)		
8:30 AM	CYCLE FOR BEGINNERS (30 MINUTES)		CYCLE FOR BEGINNERS (30 MINUTES)	FREESTYLE CYCLE		LES MILLS RPM	
9:30 AM	FREESTYLE CYCLE	LES MILLS SPRINT (30 MINUTES)	LES MILLS RPM		FREESTYLE CYCLE		
6:00 PM				LES MILLS RPM			

139 Artarmon Road Community Hall (cnr of Artarmon Road and Tindale Road)

* *Maximum capacity = 18 participants per class*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		LIGHT N LOW		LIGHT N LOW	PILATES FOR BIGENNNERS	SLOW YOGA	
10:30 AM	10:15AM TAI CHI			10:30AM YOGA			
11:30 am	ACTIVE MOVERS			ACTIVE MOVERS			