

LPAC Timetable valid from 16 Feb 2026 – 17 May 2026



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00am	BODYPUMP B Cycle F	HCT B RPM F Aqua DW DP	BODYPUMP B RPM F	BODYPUMP B Cycle F Aqua DW DP	HCT B RPM F		
7:15 am				Power Pilates B			
7.00am	Hatha Yoga B Aqua DW DP	Pilates B FIT30: RPM F		Stretch & Meditation DFB	Hatha Yoga B FIT30: RPM F Aqua DW DP	Hatha Yoga B RPM F	
7.30am	Strong Seniors F B	Strong Seniors F B	Strong Seniors F B		Strong Seniors F B		
8.00am		Shallow Aqua Indoor PP	Vinyasa Yoga M	Shallow Aqua Indoor PP		Cardio Boxing B	Cycle F Pilates B Yoga DFB
8.30am	Active Seniors B	Strong Seniors F B	Total Body Seniors B	Strong Seniors F B	Total Body Seniors B Yoga DFB		
9.00am	FIT30: Stretch & Mobility M	FIT30: Stretch & Mobility M Shallow Aqua 50P	FIT30: Core M	FIT30: Stretch & Mobility M Aqua DW DP	FIT30: Stretch & Mobility M	BODYPUMP B Move Well M	Total Body Seniors B Shallow Aqua 50P
9.30 am	BODYPUMP B Cycle F Aqua DW DP	BODYCOMBAT B Cycle F Move Well M Aqua DW DP	BODYPUMP B Cycle F Shallow Aqua 50P	Vinyasa Yoga B Cycle F Move Well M Aqua DW DP	BODYPUMP B Cycle F Aqua DW DP	RPM F	
10.00am						Aqua DW DP Pilates B	Aqua DW DP Ashtanga Yoga 90min M BODYCOMBAT B
10.30am	BODYBALANCE B	BODYPUMP B		Pilates B	BODYCOMBAT B Aqua DW DP	FIT30: HIIT F	
11.00am	FIT30: HIIT F	FIT30: HIIT F	FIT30: HIIT F Active Seniors B	Strong Seniors F B	FIT30: HIIT F		Pilates B
11.30am	Active Seniors B	Vinyasa Yoga B			Active Seniors B	Tai Chi B	
11:45am							Meditation M
12.00pm	Senior & Gentle Aqua PP FIT30: HIIT F	Senior & Gentle Aqua PP	Senior & Gentle Aqua PP FIT30: HIIT F Zumba B	Senior & Gentle Aqua PP FIT30 HIIT F Active Seniors B	Senior & Gentle Aqua PP FIT30: HIIT F		
12.30pm			Pilates M		Pilates B		
1.00pm	Senior & Gentle Aqua PP	Senior & Gentle OUTDOOR 50P	Senior & Gentle Aqua PP	Senior & Gentle OUTDOOR 50P	Senior & Gentle Aqua PP		
4.00pm						Shallow Aqua 50P	
4.30pm						Vinyasa Yoga B Cycle F	
5.00pm							BODYPUMP B
5.30pm	BODYCOMBAT B Hatha Yoga M	BODYPUMP B	BODYPUMP B	Cycle F	BODYPUMP B		
6.00pm	FIT30: HIIT F	Power Aqua 50P	FIT30: HIIT F		FIT30: HIIT F		
6.30pm	Cycle F Pilates B	Cycle F BODYBALANCE B	Cycle F Hatha Yoga B	BODYBALANCE B	Hatha Yoga B		
7.30pm	Zumba B						

Location Key: **B** = Bayside Studio **F** = Functional Training Room **M** = Mind Body Studio **DP** = Dive Pool **50P** = 50m Pool **PP** = Program Pool **DFB** = Dawn Fraser Baths

High Intensity	Cycle/RPM	Aqua	Mind/Body	Seniors	30 min FIT30	Dance	Dawn Fraser Baths
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Timetable shows class start time not duration. Classes are 55 minutes unless specified otherwise, including cleaning and pack up. Due to unforeseen circumstances instructors may change from time to time. Bookings are essential and open 5 days and 1 hour prior to the class start time.

Cancellations can be made until 1 hour before the class start time. All participants must arrive no later than 5 minutes after class commences. Timetable is subject to change, please refer to our website for all timetable changes. www.innerwestnsw.gov.au/aquatics

Aqua Classes

Shallow Water Aqua – Low impact shallow water cardio and strength workout suitable for all fitness levels, including beginners.

Deep Water Aqua – Non-impact deep water cardio and endurance class ideal for confident swimmers wanting a joint friendly workout.

Light Pace Aqua – Gentle shallow water class suitable for beginners, older adults, rehab clients, and anyone wanting a low impact workout.

Power Aqua – High intensity class for experienced exercisers wanting a strong, fast paced workout.

Seniors & Gentle Aqua – Low intensity aqua for seniors, beginners, or those with mobility concerns seeking confidence and gentle movement. Duration is 45 minutes.

Les Mills Classes

BodyBalance – Yoga, Tai Chi and Pilates inspired class suitable for all levels wanting strength, flexibility and calm.

BodyCombat – High energy martial arts inspired cardio for anyone wanting a tough, empowering, non-contact workout.

BodyPump – Barbell based choreographed strength class ideal for all levels who want full body toning and endurance.

RPM – Low impact high intensity indoor cycling class suitable for all fitness levels.

High Intensity Classes

HCT – Hard Core Training – High intensity mix of cardio and strength training for all fitness levels.

Cardio Boxing – Boxing combinations and cardio workout ideal for anyone seeking a high intensity workout.

Cycle – Indoor cycling class suitable for all levels seeking strong cardio and leg conditioning. Duration is 45 minutes.

Mind Body Classes

Yoga (Ashtanga) – Dynamic, structured yoga suited to regular practitioners seeking stamina, heat and focus. Duration is 90 minutes.

Yoga (Hatha) – Steady posture and breath-based yoga suitable for all ages and abilities.

Yoga (Vinyasa) – Flowing breath linked yoga ideal for all levels wanting strength, balance and mobility.

Yoga – Balanced multi style yoga suitable for all levels wanting strength, stretching and relaxation.

Meditation – Guided mindfulness suitable for all levels seeking stress reduction and mental clarity.

Move Well – Stretch and mobility class ideal for anyone wanting improved posture function or reduced stiffness.

Pilates – Core focused strength and mobility suitable for all levels seeking posture, alignment and balance.

Power Pilates – Advanced Pilates class for those with some experience wanting increased challenge.

Tai Chi – Slow, flowing movements suitable for all ages and abilities seeking balance and calm.

Fit 30 Classes (30-minute duration)

Fit 30 Core – Short targeted core training suitable for all levels, including beginners.

Fit 30 HIIT – High intensity strength and cardio interval training, suitable for all fitness levels.

Fit 30 RPM – Short and intense cycle workout suitable for all fitness levels.

Fit 30 Stretch & Mobility – Quick stretch and mobility session suitable for everyone, including beginners.

Seniors Classes

Active Seniors – Gentle class suitable for beginners and older adults wanting confidence, strength and mobility.

Strong Seniors – Strength, balance and cardio class designed for beginners and seniors maintaining fitness and bone health. Class includes 25-minute cycle component.

Total Body Seniors – Strength, core and stretching ideal for seniors and beginners wanting a full-body routine.

Dance

Zumba – High energy dance cardio ideal for anyone wanting upbeat, accessible fitness.–energy dance cardio ideal for anyone wanting upbeat, accessible fitness.

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