

LPAC Timetable
Timetable runs 1 January to 7 January 2024



	Monday 01/01	Tuesday 02/01	Wednesday 03/01	Thursday 04/01	Friday 05/01	Saturday 06/01	Sunday 07/01
6:00am	New Year Public Holiday Gym opens 6am	GRIT	Body Pump	Body Pump	HCT	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
		RPM			RPM		
7:00am		Body Balance	GRIT		Fit 30: RPM	RPM	
		Fit 30: RPM			Aqua DW		
7:15am							
7:30am	Strong Seniors	Strong Seniors	Strong Seniors		Strong Seniors		
8:00am		Lite Pace Aqua PP	Vinyasa Yoga	Lite Pace Aqua PP		Cardio Boxing	Cycle
8:30am	Total Body Seniors	Strong Seniors	Total Body Seniors	Strong Seniors	Total Body Seniors		
9:00am		Aqua SW		Aqua DW		Body Pump	Total Body Seniors
							Aqua Olympic Pool
9:30am	Cycle		Body Pump	Vinyasa Yoga	Body Pump	RPM	Body Combat
	Aqua DW		Cycle	Cycle	Cycle		
			Aqua SW		Aqua DW		
10:00am		Aqua DW				Pilates	Ashtanga Yoga 90 mins
						Aqua DW	Aqua DW
10:30am	Body Combat			Pilates	Body Combat		Pilates
11:00am			Active Seniors				
11:30am		Vinyasa Yoga			Active Seniors		
12:00pm	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP		
12:30pm							
1:00pm							
4:30pm						Vinyasa Yoga	
						Aqua SW	
						Cycle	
5:30pm	New Year Public Holiday Gym closes 7pm	Body Pump	Body Pump	GRIT	Body Pump		
				Cycle			
6:00pm							
6:30pm		Cycle	Hatha Yoga	Body Balance			
		Body Balance					
7:30pm							

Bayside Studio
 Functional Training Zone
 Mind Body Studio
 Seniors
 Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP or Hydro = Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. All classes are 55 minutes in duration, including cleaning and pack up. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes. www.innerwest.nsw.gov.au