

LPAC Timetable
Timetable runs 18 December to 24 December



	Monday 18/12	Tuesday 19/12	Wednesday 20/12	Thursday 21/12	Friday 22/12	Saturday 23/12	Sunday 24/12
6:00am	Body Pump Cycle	GRIT RPM Aqua DW	Body Pump	Body Pump	RPM	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
7:00am	Hatha Yoga Aqua DW	Body Balance Fit 30: RPM	GRIT		Hatha Yoga Fit 30: RPM Aqua DW	RPM Hatha Yoga	
7:15am				Power Pilates			
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 Fit 30: Stretch & Mobility	Strong Seniors	Total Body Seniors	Strong Seniors	Total Body Seniors Fit 30 Stretch & Mobility		
9:00am		Fit 30: Stretch & Mobility Aqua SW	Fit 30: Core	Fit 30: Stretch & Mobility Aqua DW		Body Pump	Total Body Seniors Aqua Olympic Pool
9.30am	Body Pump Cycle Aqua	Body Combat Cycle	Body Pump Cycle Aqua SW	Vinyasa Yoga Cycle	Body Pump Cycle Aqua DW	RPM	Body Combat
10:00am		Aqua DW				Pilates Aqua DW	Aqua DW
10:30am	Body Balance	Body Pump		Pilates	Body Combat		Pilates
11:00am	Fit 30: HIIT	Fit 30: HIIT	Active Seniors		Fit 30: HIIT		
11:30am	Active Seniors	Vinyasa Yoga					
12:00pm	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP Fit 30: HIIT	Seniors Aqua PP Fit 30: HIIT	Seniors Aqua PP		
12:30pm							
1:00pm							
4:30pm						Aqua SW Cycle	
5:30pm	Hatha Yoga Body Combat	Body Pump	Body Pump	GRIT Cycle	Body Pump		
6:00pm		Power Aqua					
6:30pm	Cycle Pilates	Cycle Body Balance	Cycle Hatha Yoga	Body Balance	Hatha Yoga		
7:30pm	Zumba						

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